February 13, 2023

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Woman's World

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Shocking grocery hack will save you big $$$

Easy tweak heats up metabolism so women over 50 burn fat 60x faster

DROP 10 LBS IN 72 HOURS

"I'm so surprised that CARBS are the key!" —*super-blogger Sara Borgstede, who created the 'zero point' food hack and lost 122 lbs*

All-star NFL mom to Rob Gronkowski

Mama Gronk's SUPER BOWL SUPER SNACKS

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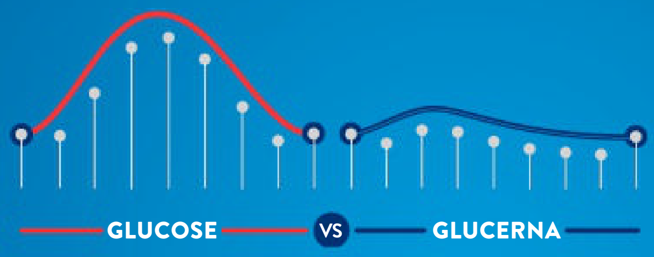

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TUESDAY, FEBRUARY 14 VALENTINE'S DAY

Raise your glass!

Celebrate Valentine's Day with a rosy red cocktail, courtesy of the *Woman's World* mixologists. This refreshing sip gets just the right amount of sweetness from berry liqueur.

To make a Sparkling Berry Spritz: Add ½ oz. of raspberry liqueur (like Chambord) to a champagne flute. Top with chilled sparkling wine. Garnish with raspberries skewered on a toothpick. Tip: For a flavor twist, swap the raspberry liqueur for a splash of pomegranate juice, cranberry juice or the syrup from a jar of maraschino cherries. *Makes 1 drink*

JOKE OF THE WEEK

Eyebrows:
The one body part you can get into shape without exercising

THURSDAY, FEBRUARY 16
NATIONAL INNOVATION DAY

Unlock ideas!

The secret to getting your creative juices flowing when starting a craft project like crocheting or scrapbooking? Crank up your favorite upbeat tunes! When researchers in the journal *PLOS ONE* played happy music for participants as they worked on a brainstorming task, people produced more original and creative ideas than those who listened to other types of music. The researchers theorize that rousing music gets your mind to think more flexibly, so you come up with innovative perspectives. Other studies have found that upbeat songs with 80 beats per minute work best!

FRIDAY, FEBRUARY 17 MY WAY DAY

Lead the way!

This holiday, which is all about doing what *you* want, encourages you to take charge! What can help: Lower the pitch of your voice when you speak, say researchers in the journal *Social Psychological and Personality Science*. In their study, subjects who read an excerpt from a book aloud using a deeper voice reported feeling more confident and competent than those who spoke in a higher pitch or read the words silently. Why? Lower tones are subconsciously linked to positions of power, so dropping your pitch inspires a sense of authority and control.

HELP A HERO!

Send extra books!

If you have books to share, send them to troops, veterans and military families via Operation Paperback! Register at OperationPaperback.org and note which genres you're looking to share, and you'll receive a list of recipients looking for that genre, or see what's being requested and mail a book to the provided addresses.

with smiles!

SUNDAY, FEBRUARY 12 SUPER BOWL SUNDAY

Big game fun!

Wow your crowd on game night with easy but impressive football-themed cookies made from store-bought cookie dough and canned frosting! **To make:** Roll out sugar cookie dough and press with football-, helmet- and jersey-shaped cookie cutters. Bake shapes according to package directions. Once cool, spoon canned chocolate frosting into a bowl and microwave for 15 seconds; pour into a squeeze bottle and use to decorate helmet and football cookies. Repeat on the other cookies with vanilla frosting that's been tinted red (or any color of your choice) with food coloring. Add details by piping on white cookie icing.

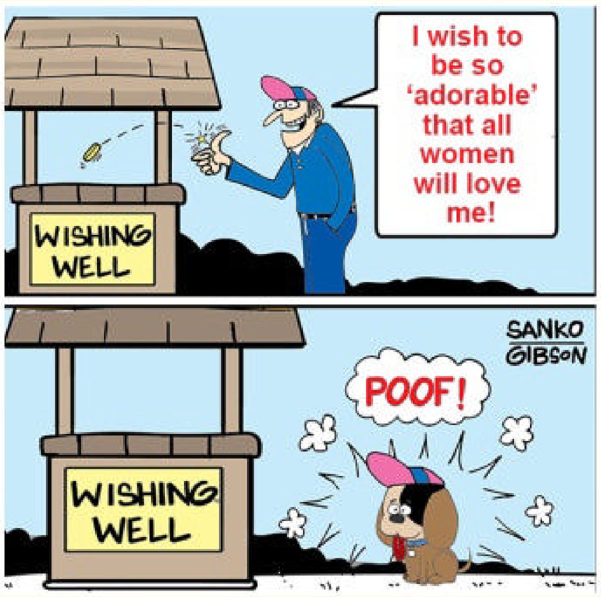
MONDAY, FEBRUARY 13 GALENTINE'S DAY

Boost your bond!

Today is all about showing some love for your girlfriends! "Galentine's Day is a reminder of the special bond, the sisterhood, that exists in female friendships," says Shari Leid, author of *The Friendship Series* books. And planning to spend time together—whether you celebrate the holiday with a coffee date, a walk or something else—can bring you closer. In fact, a study in the *Journal of Social and Personal Relationships* reported that quality time is the key to deepening your relationships. Researchers found that it can take more than 200 hours to truly consider someone a close friend! "Nothing beats face time with girlfriends," says Leid. "When you give of your time to friendships, friends give back. A little effort can go a long way!"

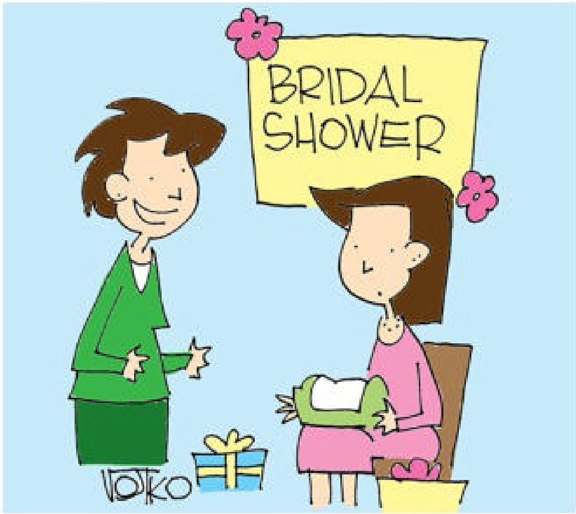
Getty; Shutterstock (6). Text: Shay Trotter

Start your week with a Laugh!


I wish to be so 'adorable' that all women will love me!
WISHING WELL
SANKO GIBSON
POOF!
WISHING WELL

Q Why wouldn't the shrimp share his treasure?

A Because he was a little shellfish



"We thought it was appropriate to give you a loaf of bread because you'll be getting a lot of toasters"

Kids are fUnNy!

One day, a few packages came while my 3-year-old daughter was napping. I hadn't heard the doorbell either, and later, when I asked her where the boxes came from, she said, "I don't know. They must've appeared automagically!"

—R.W., Clarksville, TN

Relax and have

Julianne Moore stars as Madeline, a con woman working her way through New York's billionaires

APPLE TV+

Jump into a thriller with *Sharper*!

You'll be swept away into the dark secrets of New York City with this thrilling and funny movie about two con artists. Madeline (Julianne Moore) takes on Manhattan's billionaires, whether they live in the penthouses of Fifth Avenue or on the corners of Queens. Meanwhile, Max (Sebastian Stan) carries out elaborate cons that bring in large amounts of money. Their motivations are suspect and expectations are turned upside down when nothing is quite as it seems. In theaters February 10 or on Apple TV+ on February 17.

MUSIC

Feel your toes tappin' with P!nk's new album!

Pop singer P!nk hasn't released a new album since 2019's wildly popular *Hurts 2B Human,* but the wait is finally over. On February 17, she'll release her new record, *Trustfall,* which she says is her favorite to date since she had the time to work on it after a difficult stretch in her personal life. The first upbeat pop single, "Never Gonna Not Dance Again," is all about finding new sources of joy. Hear it now and find details about P!nk's upcoming Summer Carnival 2023 tour at her website, PinksPage.com.

P!nk *(shown)* will perform with Pat Benatar, Neil Giraldo and more on her summer tour

In season four, Kirby *(second from left)* joined an organization that helps refugees thrive

BYU TV

Give your spirit a lift with *Making Good*!

With laughter, tears and Kirby Heyborne's irresistible humor, this heartwarming series will show you how easy it is to make a difference. The actor and musician travels across America to help remarkable nonprofit organizations in any way he can. In the first four seasons, Kirby has volunteered at sports camps for children with special needs, he's handed out meals to hurricane victims and he's worked with veterans in a variety of ways. See where he goes when season five kicks off on February 19.

Julian Panetta/Netflix; Julie Vrabelova; Shutterstock (3); Shutterstock (2); Alamy (2); Getty (2); Cosmic Pictures

fun this week

NETFLIX

Can 16-year-old Jessica Watson (Teagan Croft, *left)* convince her parents (played by Anna Paquin and Josh Lawson, *right)* to let her sail around the world?

Get a dose of inspiration with *True Spirit*!

This true story about tenacious sailor Jessica Watson, 16, who sets out to be the youngest person to sail solo, nonstop and unassisted, around the world, will leave you with goose bumps. Though many expected her to fail, with the support of her sailing coach and mentor, Ben Bryant, and her parents, Julie and Roger, Jessica uses her determination to accomplish what was thought to be impossible, navigating some of the world's most challenging stretches of ocean over the course of 210 days. Stream it on February 3.

PODCAST

Stay informed with *Wear We Are*!

Keep up-to-date on the current news of the day, along with a dose of daily prayer, with the *Wear We Are* podcast. Hosts Michael Wear, a former White House staffer, and his wife, Melissa Wear, a European affairs specialist, offer full episodes on Sundays that showcase discussions about the latest in faith, headlines and family life. On Monday through Thursday, Michael does 5-minute episodes that feature a morning prayer followed by news snippets. Hear it now at Apple Podcasts and on Spotify.

Wear We Are
HOSTED BY MICHAEL & MELISSA WEAR

AMAZON

Orlando Bloom *(left)* and Cara Delevingne *(right)* star

Wow at the drama with *Carnival Row*!

Take a trip into a fantasy world where humans and creatures clash. This second and final season picks up with former inspector Philo investigating a series of murders, while Vignette Stonemoss and the Black Raven plot payback for the human leaders. Tourmaline inherits supernatural powers and Imogen and Agreus find a new society. With freedom on the line, each hero faces impossible dilemmas and soul-defining tests. Premieres on February 17.

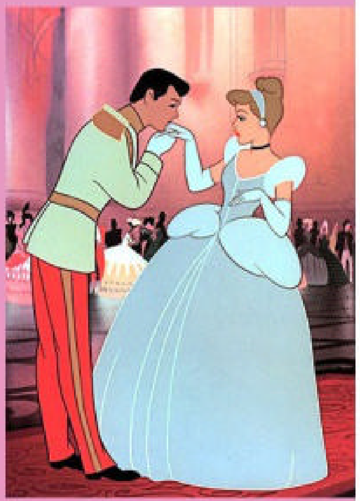
It happened *this week!*

- **"One Bad Apple" by The Osmonds** went to #1 in 1971 and topped the charts for five weeks.

Tootsie Roll®

- **Tootsie Rolls** were introduced in 1896 by Leo Hirshfield. He got the name from his daughter, who was nicknamed Tootsie.

- ***The Dick Clark Show,*** a musical variety program, began its weekly Saturday broadcast on ABC in 1958.



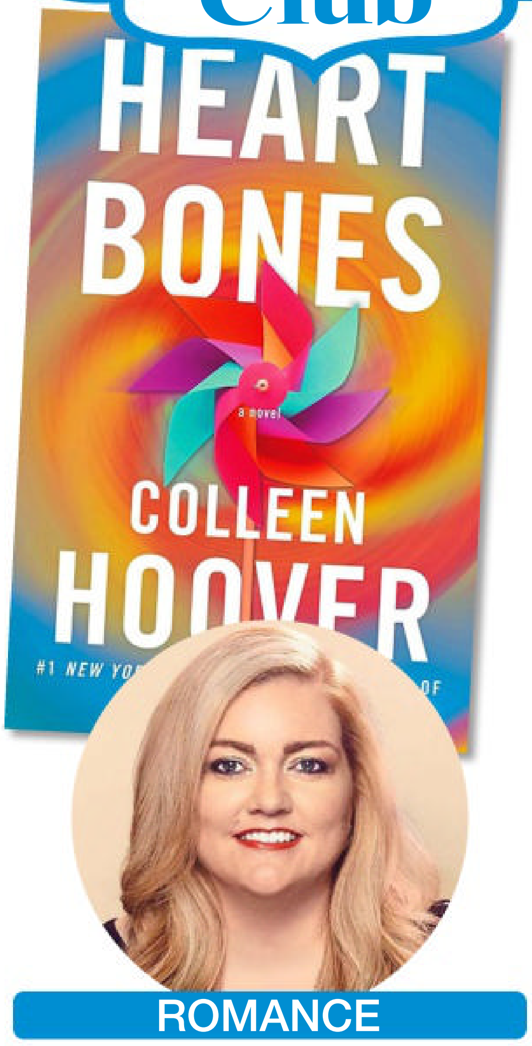
- Disney's ***Cinderella*** opened in theaters in 1950. It was one of the biggest films of the year and was rereleased several times.

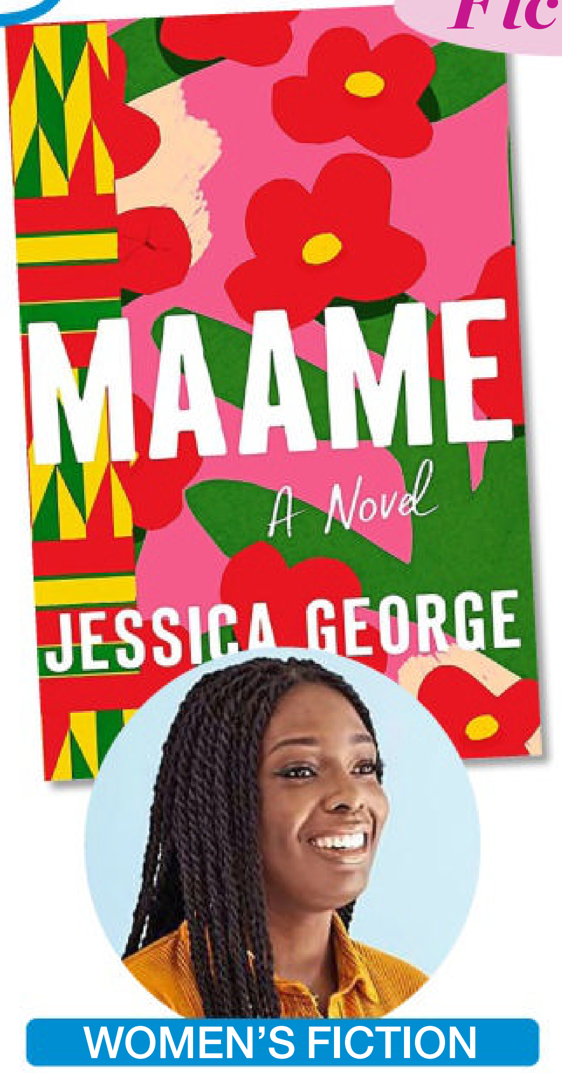
- Silent film actress Hedda Hopper began a gossip column in the *LA Times* called **"Hedda Hopper's Hollywood"** in 1938.

Woman's World Book Club

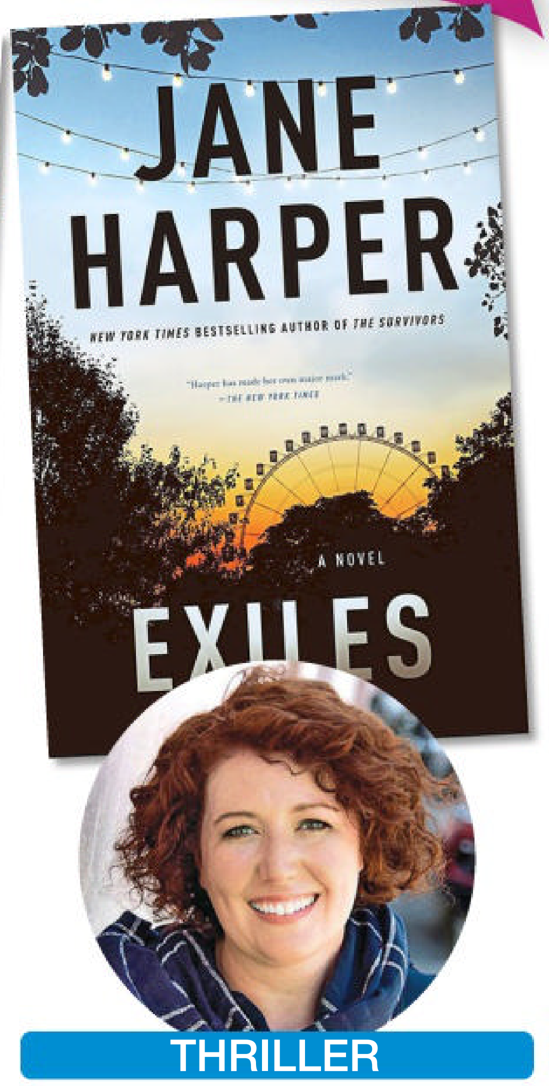
This week's best new books

Fiction


HEART BONES
a novel
COLLEEN HOOVER


MAAME
A Novel
JESSICA GEORGE

CHEDDAR LATE THAN DEAD
A Grilled Cheese Mystery


JANE HARPER
NEW YORK TIMES BESTSELLING AUTHOR OF THE SURVIVORS
A NOVEL
EXILES

ROMANCE

Heart Bones

by Colleen Hoover

Bestselling author Colleen Hoover is known for her deeply emotional sagas, and this story follows suit. When Beyah Grim gets a full ride to Penn State, she can't wait to get out of Kentucky. But before she is supposed to leave, a death forces her to spend two months in Texas with a father she barely knows. She soon meets the handsome Samson, and their summer fling turns into much more than they both imagined.

WOMEN'S FICTION

Maame

by Jessica George

Full of heart and humor, this captivating saga stars Maddie, whose life in London is far from rewarding. She's the primary caretaker for her father with Parkinson's and her boss at work is a nightmare. Maddie decides to take a chance on herself and starts saying "yes" to other opportunities. But when tragedy strikes, and she finds herself torn between two cultures, she's forced to search for where she truly belongs.

COZY MYSTERY

Cheddar Late Than Dead

by Linda Reilly

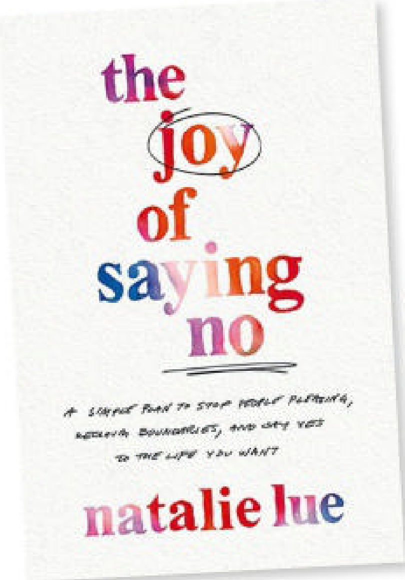
This charming, Vermont-set tale is sprinkled with delicious details! The whodunit follows Carly Hale, owner of a grilled cheese shop, who is booked to cater a luxurious bridal shower for her former classmate, Klarissa Taddeo. All is going according to plan until Klarissa's fiancé shows up and an argument ensues. Then the groom-to-be is found dead from a poisoned drink! Now, Carly must find the culprit before Klarissa is blamed.

THRILLER

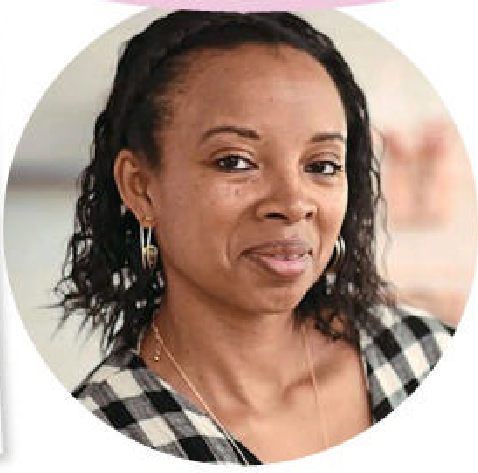
Exiles

by Jane Harper

Heart-racing suspense, a layered mystery, picturesque settings… this page-turner has it all. On the one-year anniversary of Kim Gillespie's disappearance after she abandoned her baby, Federal Investigator Aaron Falk and his friend Raco can't let the case go. Next, they join Kim's tight-knit circle of friends and family to look for clues. But as questions linger and the truth bubbles to the surface, an eerie web of secrets unfolds.


the joy of saying no
A simple plan to stop people pleasing, reclaim boundaries, and say yes to the life you want
natalie lue

Nonfiction



The Joy of Saying No *by Natalie Lue*

As women, we often tend to put our needs on the back burner and care for everyone else *before* caring for ourselves. To break this cycle, relationship expert, author and self-esteem blogger Natalie Lue wrote a savvy guide to saying "So long" to people-pleasing. Her six-step framework features easy tips—like understanding our emotional baggage in order to break toxic cycles and how to set boundaries—that help readers discover the power in the word "no." A warm, illuminating map toward reconnecting with your authentic self and finding true joy!

> **"People-pleasing holds you back from truly fulfilling relationships because it doesn't allow you to learn your authentic *yes, no,* and *maybe*"**

Chad Griffith; Suki Dhanda

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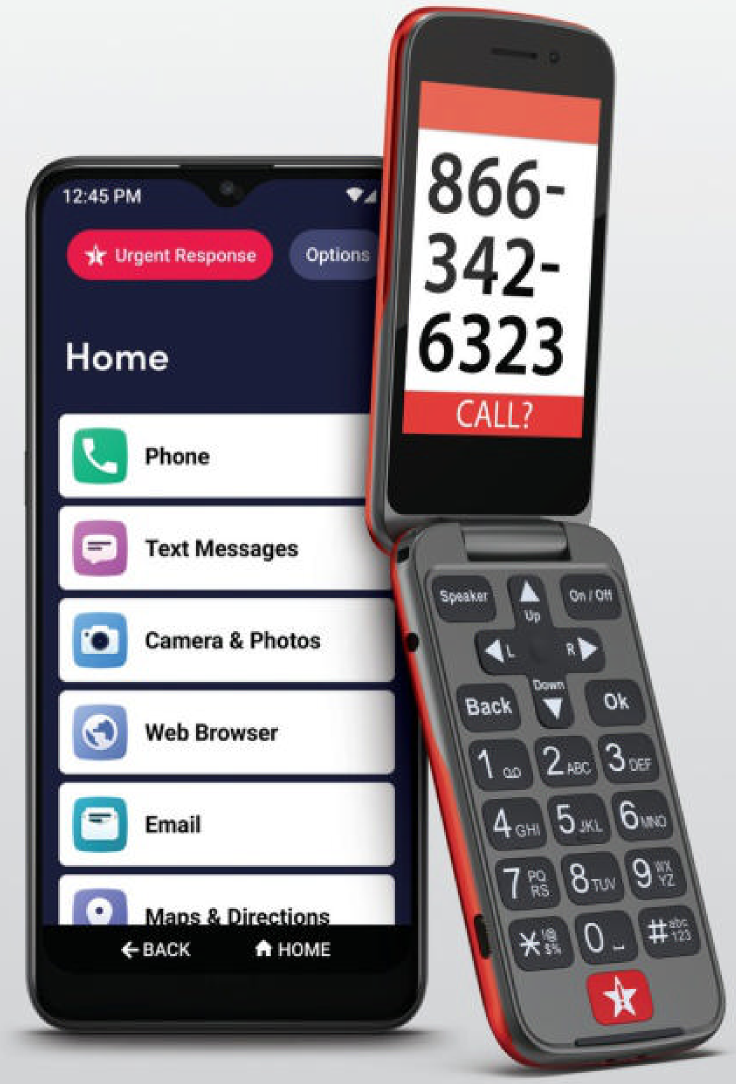

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WW POWER OF LOVE

His ‘super soul’ hope to the homeless!

ODY.”
Lily Tomlin
Super Soul
PATRIOTS
12

“Human connection is important for everyone,” says Meir *(shown)*. “My parties provide that, along with necessities and support, to the homeless”

When Meir Kay asked a homeless man if he needed anything and was told, “Someone to talk to,” Meir got the idea to host a Super Bowl party for the homeless to enjoy the big game, good food and companionship

Meir Kay was walking down a street in New York City one frigid winter day in 2017, when he saw a man who was living in a cardboard box.

How heartbreaking, the then-29-year-old thought. *The poor guy must be freezing.*

Walking over to him, Meir asked the man, “Can I get you anything? A meal maybe?”

“I don’t want food. I don’t want a drink. I don’t want money. I just want to talk to someone,” the man replied.

Still, Meir treated the man to a meal, then sat down and talked to him. He asked his name and listened as the man shared about his life, including his struggles with loneliness and isolation.

The man was so grateful to simply be seen and heard. Meir realized just how important human connection is for everyone…and he got an idea.

Super Bowl Sunday was coming up.

People gather with family and friends for this unofficial American holiday, Meir thought. *Why not use football to connect people in need?*

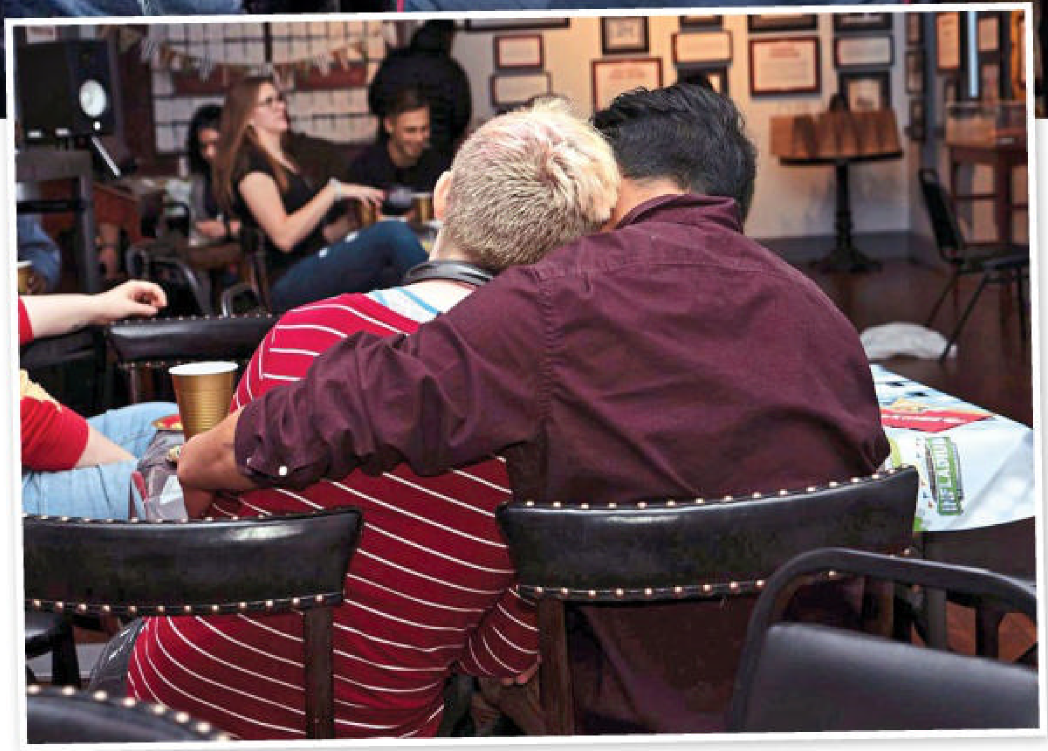
A winning idea

Meir found a venue willing to welcome his special guests to watch the Super Bowl. He bought some football T-shirts, and a few hours before game kickoff, Meir hit the streets to invite people to his party.

“For real?” was the initial response, but by game time, Meir found six men eager to watch the game with him.

The experience of seeing the men talking and laughing was so profound that Meir decided he would hold another party for the next Super Bowl. After a video of the first party went viral, he realized he was onto something, and with help from a GoFundMe, held two parties in 2018—in New York and Los Angeles, the two cities where the filmmaker divides his time.

About 40 people came to the party in New York, and about 30 came to the gathering in L.A. Meir also



◀ For a few hours, the men and women have a warm, loving place to gather, where they are treated with respect and dignity

Benji Weintraub (2); Marisha Camp; Irving Vazquez; Shutterstock

parties *give*

opened the party to all members of the community, hoping the experience would help people see past the stigma of homelessness.

The response was overwhelming. Meir was inundated with inquiries from people asking how to get involved and help.

A rabbi told him: “If you find a space in the world that is dark or broken and you know how to bring life and fix it, then you’ve found your calling.”

This is my calling, Meir realized and decided to make his Super Bowl parties for the homeless an annual tradition.

Creating community

Meir dubbed the football parties Super *Soul* Parties, and his informal events became a 501(c)(3) nonprofit in 2019. Last year, three dozen cities, with the help of local volunteers and business partners, hosted a Super Soul Party, with even more being held this year.

Attendees are of all ages and include men, women and children. While they watch the big game, the kids enjoy nutritious food and nonalcoholic drinks. The partygoers are given clothing and “dignity bags” filled with hygiene items. Barbers are on hand to give haircuts and shaves. People from social service agencies offer support. But most important is the human connection.

People share stories about their lives. They talk proudly of time spent in the military and share photos of loved ones.

“It’s quite beautiful to watch and see conversation take hold,” Meir says. “Laughter fills up the room.”

“It is wonderful to have fun. To have a smile on my face,” one woman expressed her thanks to Meir.

Ben Benita of Gainesville, Virginia, has hosted three Super Soul Parties in the Washington, D.C. area.

“The experience has been eye-opening and transforming about things we take for granted,” he says. “At least for a few hours, the parties provide a nice, warm escape for people in need.”

For people who might be thinking about volunteering at or hosting a Super Soul Party, Ben has this to say: “Take it from me, it will change your life. It will be one Super Bowl you’ll never forget.”

Meir echoes that sentiment and hopes to bring his Super Soul Parties to all states in the coming years.

“It’s that overall human experience of being part of something larger than oneself,” Meir says. “It’s less about the game and more about community. The soul of the party is friendship, caring, dignity.”

—Kellie B. Gormly

> *“It’s less about the game. The soul of the party is friendship, caring and dignity”*

Attendees share fun and laughter

They are happy to be heard

3 ways to make a difference with *your* Super Bowl bash!

1 *Donate a jersey!*

As admission to the party, have guests bring a jersey or T-shirt of their favorite sports team—even if their favorite team isn’t actually playing in the Super Bowl. Then go to ProjectGivingKids.org, click on “Activities,” then “Sports T-Shirt and Jersey Drive” for information on where to send collected shirts and jerseys of any size or team. This supports the Doc Wayne organization that helps kids in need through sports-based therapy.

2 *Make a $1 difference!*

Ask all of your guests to come with several $1 bills. Then have them pick a team, and each time the opposing team scores a goal, ask each person to put $1 in the pot. Once the game is over, go to DollarDonations.org and click on “Our partners.” Then as a group, pick an organization (or two!)—like Water.org or Rainforest Foundation—you’d like to donate the dollars to.

3 *Host a coat drive!*

Let everyone know beforehand that you’ll be hosting a coat drive at your party. Collect any used coats that guests donate, then visit OneWarmCoat.org, click on “Donate Coats” and type in your zip code to find a location where you can drop off the coats for a cozy cause.

We’d love to print *your* inspiring story! Email the story with your name, phone number and a current photo to: WWFeatures@WomansWorldMag.com. Or mail it to: Scoop, *Woman’s World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman’s World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to a high volume, we are unable to return submissions received.

TREAT YOURSELF

Look luxe in the

The easy way to put a modern spin on the classic spotted style? Pair your favorite leopard-print piece with bright and bold accessories. The standout result? *Purr*-fect!

Kristin Chenoweth

Braided headband's chunky style helps create the illusion of a thicker head of hair ▶

$10, Bellefixe (Bellefixe.com, "Las Vegas Collection Braided Headband")

◀ **Cat-eye sunnies' upturned corners give the face a youthful lift**

$12, Wild Fable (Target.com, "Angular Cateye Sunglasses")

Steal Kristin's style!

Midi pencil skirt can be worn with any solid-colored top pulled right from the closet

Get the look for less:

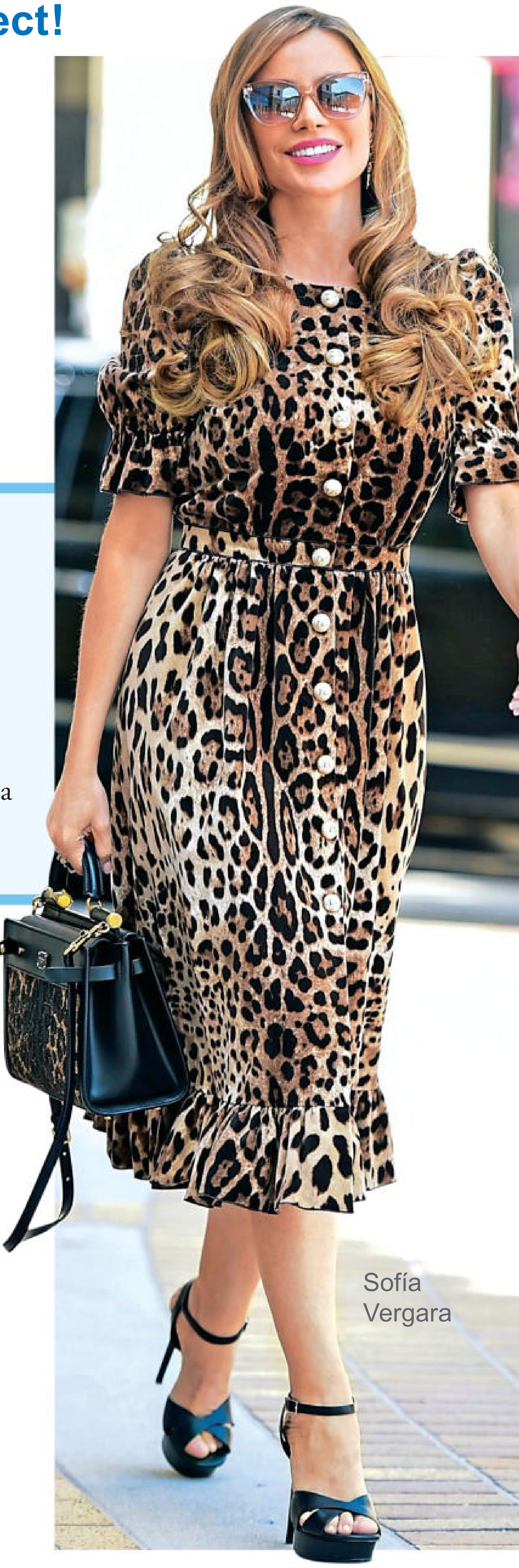
$69, Vince Camuto (Dillards.com, "Leopard Print Pull-On Midi Pencil Skirt")

Steal Sofía's style!

High-neck dress' more fitted top and flowy bottom highlight an hourglass

Get the look for less:

$89, Sugarlips (Sugarlips.com, "Shaina Leopard Sweetheart Lynette Maxi Dress")



Sofía Vergara

Wrap-style top nips in at the middle to define the waist ▶

$64, Express (Express.com, "Satin Puff Sleeve Wrap Top")

◀ **Slip-on kitten heels' too-cute bow adds feminine flair**

$60, Journee Collection (DSW.com, "Tiarra Pump")

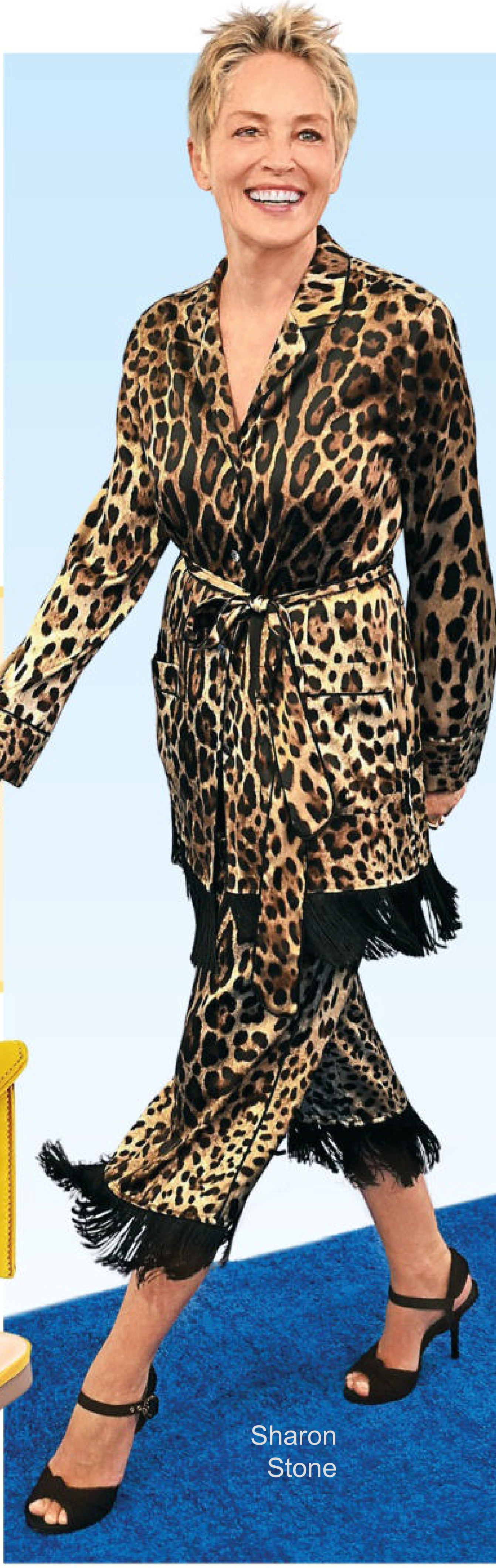
new leopard!

Rhinestone-adorned bangle comes in five different colors to match a variety of ensembles
$10, MOTF (ShopMOTF.com, "Two Tone Cuff Bangle")

Yellow tassel earrings impart skin-brightening color onto the face
$5, Francesca's (Francescas.com, "Jia Thin Tassel Teardrop Earrings")

Mini braided crossbody bag is small enough to wear on the go with ease
$14, MOTF (ShopMOTF.com, "Mini Letter Detail Braided Square Bag")

Steal Sharon's style! Comfortable pants set can be worn running errands, lounging around the house or on a night out
Get the look for less:
$24, Boohoo (Boohoo.com, "Premium Satin Wrap Pajama Pants Set")


Sharon Stone

Purse comes with a removable gold-chain shoulder strap for hands-free wear
$40, JNB (Amazon.com, "Faux Microsuede Envelope Clutch")

Blue block heels' memory foam insole adds extra comfort with each step
$95, Nine West (DSW.com, "Nine West Vibe Pump")

Pointed-toe mules' mesh accents add trendy texture
$45, Journee Collection (DSW.com, "Reeo Mule")

Paint on a leopard mani!

It's simple with this how-to from @Nailsbysteph_ on Instagram

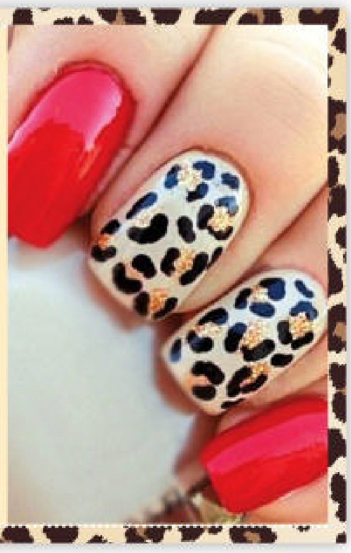
- ☐ **Red polish** *(like SinfulColors in Go Go Girl Red, $2, Target.com)*
- ☐ **Tan polish** *(like Sally Hansen in Bare it All, $4, Target.com)*
- ☐ **Gold polish** *(like Sally Hansen in Golden, $3, Walmart.com)*
- ☐ **Black polish** *(like SinfulColors in Black on Black, $2, Target.com)*
- ☐ **Toothpick**
- ☐ **Clear top coat**

1 Paint thumb, pinkie and index fingernails with 2 coats of red polish. Then paint middle and ring fingernails with 2 coats tan polish. Let dry.

2 Use the gold polish to dab spots onto tan nails. Let dry.

3 Dip toothpick into black polish and use to outline parts of each gold dot.

4 Seal all nails with clear top coat and let dry.



Startraks; Shutterstock (4). Text: Maggie Dillard

Treat yourself to

These spa-inspired treatments, made from the best parts of your favorite Valentine's Day goodies, will beautify your body from head to toe! Find the one that's right for *you*

Fade age spots *with a 'chocolate-strawberry' cream*

The high amount of vitamin C in strawberries whisks away dead, discolored skin cells to reveal brighter, more luminous layers of skin underneath. And pairing it with exfoliating yogurt and hydrating cocoa powder helps even out skin faster.

■ **TRY IT!** Mix ½ Tbs. of mashed strawberries, 1 Tbs. of plain yogurt and 1 tsp. of cocoa powder. Dab onto spots and let sit for 5 minutes before rinsing.

Tip!

Inhaling the scents of classic V-Day gifts like roses and chocolate is study-proven to activate feel-good chemicals in the brain for a happier you, stat!

gorgeous

Smooth wrinkles
with a red wine mask

Antioxidants in red wine spur collagen production to help firm wrinkly skin. Adding in egg whites (they tighten skin) boosts benefits.

■ **TRY IT!** Whisk the whites from 1 egg with 3 Tbs. of red wine. Use a cotton ball to apply a thin layer to the face and neck. Let sit for 10 minutes, then rinse.

Soften rough patches *with a 'hot chocolate' bath*

Cocoa powder's unique compounds remove a buildup of dead skin, while its hydrating fatty acids penetrate deep into the thick layers of parched patches. Speed the results by mixing with milk. Its proteins and fats lock in moisture.

■ **TRY IT!** Stir ¼ cup of unsweetened cocoa powder into 1 cup of milk, then pour into a tub filled with warm bathwater. Soak for 15 minutes.

Depuff eyes
with a rose compress

Rosewater's diuretic properties flush out the excess fluids that build up underneath eyes to ease puffiness for a refreshed, wide-awake look.

■ **TRY IT!** Add 1 cup of rose petals to a pot, submerging them in enough water to cover. Bring to a simmer, then turn heat to low until petals lose most of their color; let cool. Soak cotton pads in the liquid, place over closed eyes for 5 minutes, remove and rinse.

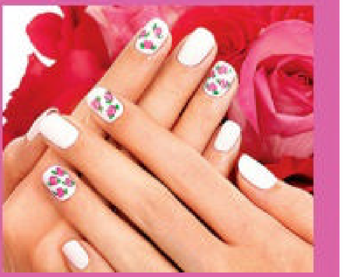
Repair brittle hair
with a champagne rinse

Polyphenols in the bubbly mend damage that makes strands look and feel straw-like, while its compounds seal and smooth hair's cuticle. This helps hair reflect more light, adding luminous dimension so locks appear instantly thicker.

■ **TRY IT!** Pour 1 cup of fizzy or flat champagne all over clean, damp hair. Let sit for 5 minutes before rinsing.

Pretty up nails *with a rose mani!*

- ☐ **Blush pink polish** *(like essie in Boatloads of Love, $10, CVS.com)*
- ☐ **Bright pink striper polish** *(like China Glaze Stripe Rite in Pink Polka Dot, $4, ChinaGlaze.com)*
- ☐ **Dark pink striper polish** *(like Sally Hansen Nail Art Striper Color in Hot Pink, $4, Amazon.com)*
- ☐ **Green striper polish** *(like FingerPaints Striping Polish in Performance Art, $4, SallyBeauty.com)*
- ☐ **Clear top coat** *(like L.A. COLORS Craze Rapid Dry Top Coat, $1, Walmart.com)*



STEP 1: Apply 2 coats of blush pink polish to all nails; let dry.

STEP 2: To make the roses, draw 3 to 4 large dots on index- and ring-finger nails using bright pink striper polish; let dry. Then use dark pink striper polish to draw small C-shaped swirls within the dots; let dry.

STEP 3: Use green striper polish to draw leaves on the side of each rose; let dry. Seal nails with top coat.

Amber Gray Photography (2); Shutterstock (6); Adobe Stock (2); Robert Milazzo (3); Manicurists: Patricia Yankee; Kelly B. Text: Lauren Blum

Rejuvenate your winter-weary thyroid

Bogged down by fatigue, brain fog and added weight? Blame your thyroid! The gland plays a key role in maintaining energy, boosting focus and burning fat—and also acts as your body's thermostat, which means the added burden of keeping you warm increases the risk of a sluggish thyroid by up to 52%. To revive it, try one of these tips…

✓ For complete healing

Drinking 2 oz. of food-grade aloe vera juice on an empty stomach when you wake up boosts thyroid function by up to 49%, with full healing of a slow thyroid clocking in at three months. That's the word from Italian researchers reporting in the *Journal of Clinical and Translational Endocrinology*, who explain that compounds in aloe convert thyroid hormone into its active form.

✓ For a quick boost

The thyroid relies on iodine to produce its energizing hormones, and even mild shortfalls in the nutrient can deplete the gland. Luckily, Danish research found shoring up iodine stores can boost thyroid function by as much as 75%. And while experts often advise eating iodine-rich seaweed several times a week, cranberry juice is a better bet: ½ cup of the juice contains 400 mcg. of iodine—that's 82% more than two sheets of nori and 260% more than ½ cup of kelp.

✓ To tame inflammation too

Black cumin lends a slightly smoky, peppery flavor to omelets, meats, chicken, roasted veggies or rice. And findings in the journal *BMC Complementary and Alternative Medicine* suggest that enjoying ½ tsp. daily enhances thyroid function by 55% in two months. Credit goes to a compound called *thymoquinone*, which dials down thyroid-damaging inflammation and helps the gland heal and repair.

✓ If you're also stressed

The herb *ashwagandha* has a powerful ability to tame the stress that can sabotage thyroid function. Indian researchers reporting in *The Journal of Complementary and Alternative Medicine* found supplementing with 600 mg. of ashwagandha daily improved thyroid function by 41% within eight weeks. Try: New Nordic Ashwagandha Vegan Gummies 300 mg. (NewNordicUSA.com). —*Melissa Gotthardt*

Winter Wonderful Cran-Rosemary Mocktail

This sipper improves thyroid function by up to 75%

¼ cup sugar
¼ cup rosemary leaves
¾ cup crushed ice
½ cup fresh cranberries
2 rosemary sprigs
⅔ cup cranberry juice
Sparkling water

1 In pot, simmer sugar and rosemary with ¼ cup water 5 min. Let cool completely; strain.

2 Divide ice, cranberries and rosemary between 2 cocktail glasses. In ice-filled cocktail shaker, mix simple syrup and cranberry juice. Cover; shake 30 sec. Strain into glasses; top with sparkling water. *Serves 2*

This week's ***Radical Health tip***

The simple trick to FEEL LIKE A KID AGAIN

Youthful energy and immunity hinge on optimal gut function. But for millions of women, healthy gut bacteria are crowded out by harmful microbes. And taking a probiotic often isn't enough. What does help? A combination of probiotics and *pre*biotics (like *inulin,* which "feeds" probiotics). This has been shown to dramatically improve gut health to boost digestion, energy, immunity and more. I advise adding one scoop of Flora-Key powder, which has both pre- and probiotics, to a smoothie or tea. For 15% off, use code floraww15 at UNIKEYHealth.com.

courtesy of Ann Louise Gittleman, Ph.D.
To receive 3 free Wellness Guides, order her new book, *Radical Longevity,* at RadicalLongevityBook.com

Note: Check with your healthcare provider before supplementing

Stay safe from shingles

The virus that causes chicken pox can hide undetected in cells for decades until reactivated. And a new study found that folks over 50 were up to 21% more likely to develop shingles up to six months after a COVID diagnosis. While there's no quick cure for the signature rash or blisters, these tips can cut your risk of ever getting shingles

DOUBLE YOUR DEFENSES *by moving to the beat*

Even a small spike in stress can up antibody-hampering *cortisol* enough to spur a shingles flare-up. But UCLA research suggests enjoying a fun dance workout, like Body Groove (BodyGroove.com), daily erases this shingles trigger in four months. Low-impact, full-body movement spurs a 50% boost in the specific immune cells that "remember" the chicken pox virus, doubling your immunity against shingles. Prefer walking? Take an active stroll, pumping your arms as you step.

KEEP THE VIRUS DORMANT *with apples*

Remember how biting into an apple put Sleeping Beauty into a long, deep slumber? British research suggests the fruit has a similar effect on the shingles virus. Investigators found that enjoying three servings of fruit, like apples, daily helps keep the shingles virus from sneaking out of cells undetected and overwhelming your system when immunity is lowered—especially after a bout with COVID, a bad cold or the flu. That's enough to reduce shingles risk by as much as 66%!

GET A DECADE OF IMMUNITY *with a shot*

Unlike older versions of the shingles vaccine, which weren't very effective, two doses of the latest Shingrix vaccine (FDA-approved since 2017) spaced two to six months apart cut shingles risk by up to 97%, per a *New England Journal of Medicine* study. And that immunity lasts at least a decade! Bonus: Most insurance covers the shots, available at drugstores. —*Ann Green*

Cozy keys to better blood pressure

Great news: Keeping your blood pressure (BP) in a healthy range (below 120/80 mmHg) has never been easier. While cold weather constricts blood vessels, ticking blood pressure upward as the heart works harder to improve circulation, these easy moves ensure your levels stay low all winter long

Shutterstock (3); Jump; Adobe Stock

✓ Try ancient porridge

Amaranth, an ancient grain with a nutty taste, packs a powerful BP-lowering punch when served as porridge. It brims with magnesium, a nutrient nearly half of us are deficient in. Just 1 cooked cup provides 160 mg.—that's 50% of your daily needs. And research in *Nutrition Journal* found that for every 100 mg. increase in daily dietary magnesium intake, risk of hypertension, or high blood pressure, decreases by 5%.

Give a squeeze

While watching TV, squeeze a tennis ball during commercials. A new Brazilian study found that isometric hand grip moves like this curb systolic BP by up to 10 points and diastolic BP by up to 7 points by making vessels more flexible.

✓ Snuggle with Rover

You know petting your dog or cat tames stress. Now, a University of Missouri study found it only takes 15 minutes to get the pressure-reducing benefits. A mini cuddle session curbs systolic (top number) and diastolic (bottom number) BP readings by 10%. Reining in tension gently slows heart rate, bringing down blood pressure.

✓ Take a deep breath

Twice a day, take 2 minutes to breathe in slowly, then fully exhale. Harvard scientists say that deep breathing (taking 10 relaxed breaths per minute instead of the more common 16) sends total blood pressure plunging by up to 17 points by stimulating an area of the brain that triggers relaxation.

✓ Brew a cuppa

Enjoying oolong tea lowers BP with every sip. A study in *JAMA Internal Medicine* found folks who drank at least a cup daily were 46% less likely to develop hypertension than non–tea drinkers, thanks to oolong's ability to improve circulation and widen blood vessels. —*Jennifer Bringle*

More natural health news

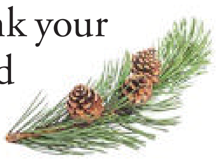
Ancient scent secrets *that heal*

For centuries, folks used fragrance to ease aches, boost mood and more. Now, research proves scents really *can* cure health bothers!

Blue?
Sprinkle cinnamon

Since biblical times, cinnamon has been prized in Israel and Jordan for its healing ability. And a University of Toledo study confirms the aroma boosts the production of mood-lifting beta brain waves, noticeably enhancing joy. Tip: Follow a Middle Eastern–inspired tradition and sprinkle it on your morning tea, then take a deep whiff as you sip.

Belly fat?
Suds up with pine



Spikes in the stress hormone *cortisol* tell the body to deposit extra calories as belly fat. To melt tension *and* shrink your waist, use pine-scented soap. The aroma cuts fat-triggering stress as effectively as long walks in nature, a new study out of Japan suggests. Pine's *pinene* mimics the ancient Japanese "forest bathing" experience called *shinrin yoku,* which cuts cortisol levels.

Thinning hair?
Spritz sandalwood

Ayurvedic medicine practitioners in India add sandalwood oil to hair tonics to encourage growth, and now U.K. scientists know why. Hair follicles contain receptors similar to those in the nose that help us smell, says study lead Ralf Paus, M.D. When activated by sandalwood, they extend hair's active growth phase. Add 20 drops of sandalwood oil to a mister bottle filled with 4 oz. of water, then spritz your pillow before bed.

Tip!

Wearing almond-scented moisturizer dulls the body's perception of pain by 38%, say Canadian scientists

Brain fog?
Sniff coffee beans

Coffee's scent has been touted for its ability to sharpen thinking since it was harvested in Ethiopia more than 500 years ago. And Australian scientists say the brain associates the aroma with alertness, which boosts focus as effectively as sipping two cups (and in seconds!). —*Ann Green*

Headache Rx

In ancient Rome, folks applied wild mint compresses to their temples to ease head pain. And it works just as well today! German investigators say that mint's menthol relieves a headache as effectively as Tylenol when applied topically. Plus, it calms pain in just one-third of the time that it takes for drugs to kick in.

Twinkle; Adobe Stock; Shutterstock

Stay Young with WW

Your Rx for smooth skin: Salt!

When used topically, Epsom salts solve a host of skin hassles—for pennies!

Smooth rough patches

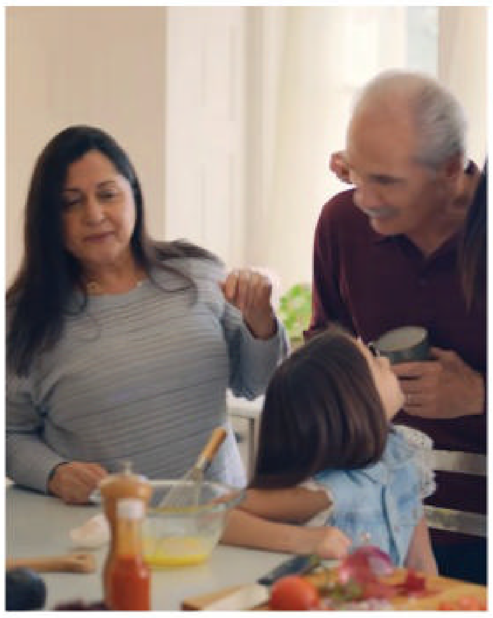
Try an Epsom salt and coconut oil scrub. Gritty salt lifts dry, dead skin cells, while antioxidants in coconut oil repair skin's barrier and moisturize. ***To do:*** Mix ½ cup of Epsom salts with ¼ cup of coconut oil. Rub on damp skin for 1 minute; rinse.

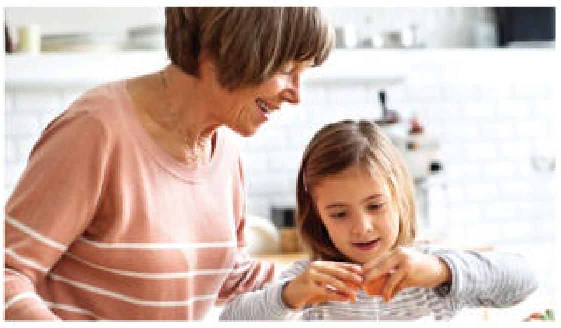
Soften callused feet

Opt for an Epsom salt and lemon soak. Salt's magnesium repairs rigid skin, and lemon's citric acid exfoliates calluses for soft feet. ***To do:*** Add ½ cup of Epsom salts and 4 lemon slices to a basin of warm water. Soak feet for 15 minutes; pat dry.

Heal chapped lips

Choose an Epsom salt and petroleum jelly mask. Salt granules whisk away flakes, while jelly's *petrolatum* hydrates. ***To do:*** Mix 1 Tbs. of Epsom salts and 1 tsp. of petroleum jelly. Dab on and rub lips together for 30 seconds. Let sit 5 minutes; wipe.





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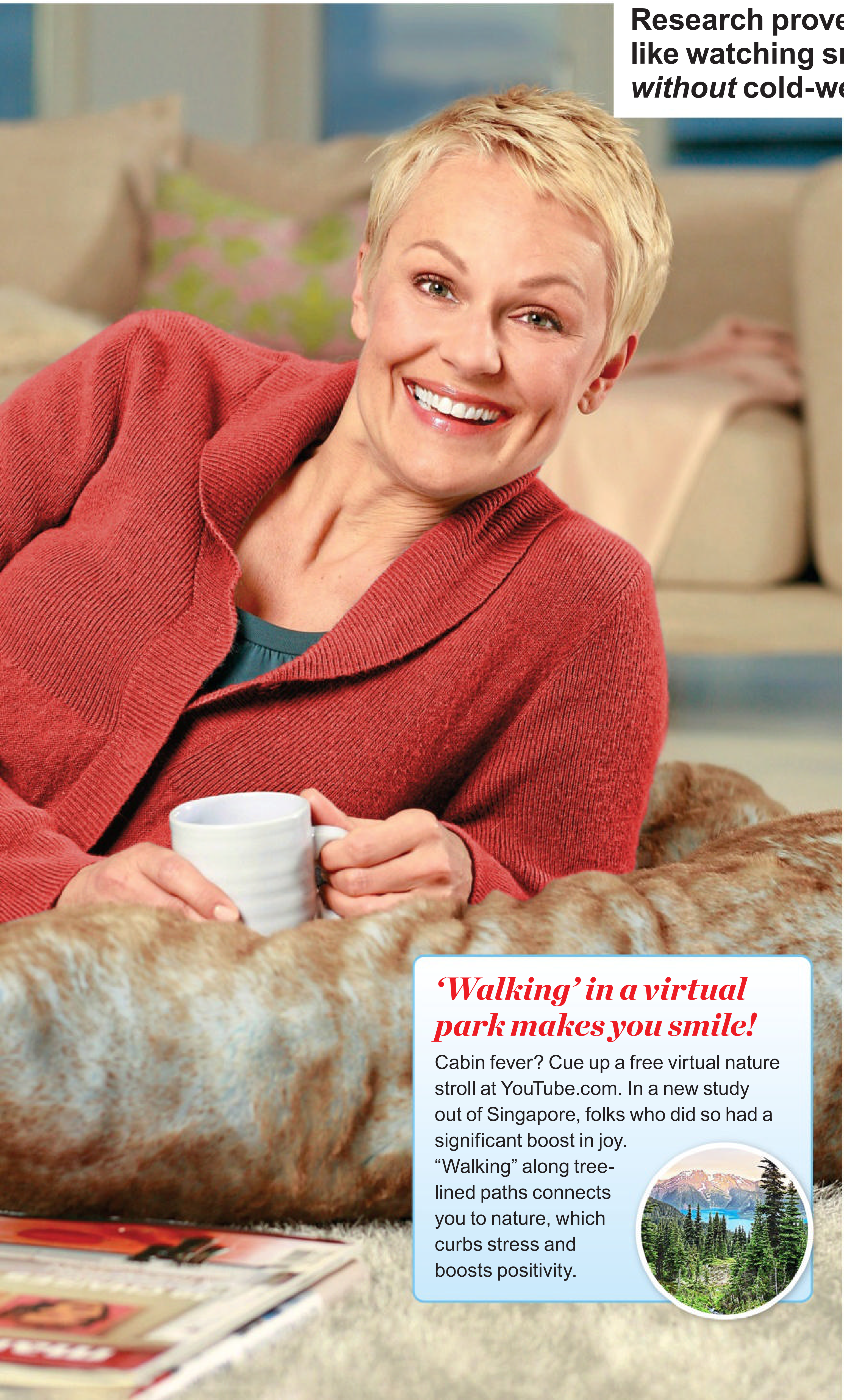
Let winter make

Research proves you can enjoy winter fun, like watching snow fall or sipping hot cocoa, *without* cold-weather health hassles!



Dodge a cold with a green tea gargle

Did your mom ever say that if you didn't bundle up, you'd catch a cold? She was right! A new Harvard study found that a drop in temperature of just 9 degrees inside your nose reduces your immune system's ability to kill viruses you inhale by nearly 42%. To shore up your defenses, gargle with green tea once daily. A Japanese study found doing so lowers the risk of coughs, sneezes and sore throats by 83%. Tea *flavanols,* such as EGCG, form a protective barrier in the throat to block viruses from taking hold.

OR ADD GINGER! Grating fresh gingerroot into soups and stews warms you up on chilly days *and* cuts your risk of *respiratory syncytial virus* (RSV), according to a study in the *Journal of Ethnopharmacology.* Scientists say the spice's *gingerols* act as antivirals, halting the replication of RSV in the airways.

'Walking' in a virtual park makes you smile!

Cabin fever? Cue up a free virtual nature stroll at YouTube.com. In a new study out of Singapore, folks who did so had a significant boost in joy. "Walking" along tree-lined paths connects you to nature, which curbs stress and boosts positivity.

Adobe Stock (6); Shutterstock (2); Getty (2); Jump. Text: Gabrielle Lichterman

you *healthy!*

Moisten dry eyes
by breathing deeply

Cold air and low humidity can dry out eyes, leading to burning and redness. Luckily, Japanese researchers found an easy way to replenish moisture: Inhale slowly and deeply through your nose for 4 seconds, allowing your belly to expand, then exhale slowly through your mouth for 6 seconds. Repeat for 3 minutes, and you'll experience a nearly 50% increase in eye-soothing tear production. Diaphragmatic "belly breathing" activates the *parasympathetic nervous system* (responsible for helping you relax), which opens up *lacrimal glands* where tears are produced.

OR TURN IN EARLY! Getting fewer than 7 hours of sleep nightly reduces the amount of tears your eyes produce, whereas more slumber increases it to keep eyes moist, say South Korean scientists. Sleep helps regulate hormones that impact hydration, including in the eyes. Tip: Soak in a lavender-scented bath before bed. British scientists say doing so triples your odds of drifting off quickly.

Ease aches
with soothing sounds

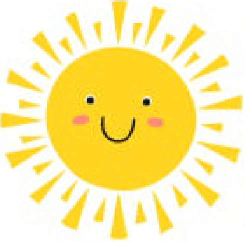
Low barometric pressure, wind and rain can intensify arthritis, headaches and other pain. The good news? A new study in *Science* found you can ease pain by listening to your favorite songs, nature sounds (CalmSound.com) or white noise (FreeWhiteNoise.com), as long as they're played on a low volume. Soft sounds interrupt signals sent to the brain, nixing aches.

OR SING! In a University of Florida study, folks felt notably less discomfort when they broke out into song. Singing not only distracts you, it also triggers the production of pain-taming *endorphins.*

Sharpen memory
by reading a winter romance

While Canadian scientists say your working memory (the kind needed to remember multiple pieces of information at once) peaks in the summer, that doesn't mean it has to take a nosedive in the winter. A new University of Illinois study found immersing yourself in a romance novel, a celebrity biography or *Woman's World* strengthens areas of the brain that manage working memory, making it sharper.

OR TRY THE SUNSHINE PILL! A new Tufts University study found folks who get the RDA of vitamin D (600 IU for adults up to 70 years old and 800 IU for 71 and over) have a better memory than those who get less. The vitamin tames memory-hampering inflammation and protects neurons.



Silence snoring
with an extra pillow

To calm snoring and sleep deep, slide another pillow under your current one to elevate your head and tilt your chin slightly toward your chest. This pushes your tongue and jaw forward, keeping your airway open so you can breathe easy. Japanese scientists say that cuts snoring by 63%.

OR POINT YOUR TOES! When you lie in bed, excess fluid from your calves travels to your neck and puts pressure on your windpipe. But Canadian scientists say flexing your calf muscles reduces this buildup, cutting snoring by 67%.

“Red light therapy *cured my knee pain!*”

Osteoarthritis was severely limiting Carol Avery’s life, making simply walking difficult. After exhausting conventional remedies, the retired RN tried a unique treatment that worked a miracle

“I finally have my life back,” says Carol

“That’s it for me,” Carol Avery sighed as she limped off the tennis court. From the first time she picked up a tennis racket seven years prior at age 58, Carol fell in love with the game. But a year into playing, she began experiencing osteoarthritis inflammation and pain in her knees.

Carol, a retired registered nurse, turned to OTC anti-inflammatory meds, along with applying ice, elevating her leg when resting and cutting back on court time. After months of no relief, Carol saw a doctor who prescribed Supartz (hyaluronic acid used to reduce inflammation caused by osteoarthritis), and later, cortisone and stem cell injections. She also spent hundreds of dollars on a myriad of knee support devices. Nothing had helped.

After a few years, just walking was agony, and Carol feared for her future.

> *“This is the biggest breakthrough in pain management I’ve seen in 30 years”*
> —Len Saputo, M.D.

A bright idea

Then about a year ago, a friend told Carol about a light therapy product that she used to ease her own arthritis pain. As a former nurse, Carol was interested in health technology. She did some reading and learned that red light (or near infrared light) has been proven to inhibit pain. As the light is held near or in contact with the skin, it triggers the mitochondria in the cells to create more energy so cells can heal better. This boost in healing and cell regeneration slashes inflammation, soreness and strain.

The light is believed to also improve circulation and fluid flow to further reduce swelling and discomfort, as well as increase amino acids and proteins to help restore, rebuild and replenish tissues.

Carol decided to give light therapy a try and ordered the DNA VIBE Jazz Band Live ($249) that her friend uses. It was pricey, but it would be a one-time purchase and could be used on any part of the body. (You can also find less expensive red light therapy wraps available online.)

Carol began wrapping the band around her knee for 1 hour twice daily when she was watching TV or reading. The band felt warm and soothing, and after just two weeks, to her amazement, Carol was no longer feeling any pain!

Today, Carol, 65, plays tennis and pickleball regularly and continues to use her Jazz Band after playing. She rarely has episodes of pain. She also has a cordless power pack and car adapter that allows her to use the device if driving a long distance.

“I want to continue my active lifestyle, and with my background, I know taking anti-inflammatory meds for extended periods of time is not the best option for my health, so it’s wonderful to have this easy, effective alternative,” Carol says. “I know this is saving me thousands of dollars on treatments and medications. I’m very grateful my friend shared the idea with me. I’ve never felt better!” —*Gina Roberts-Grey*

Shutterstock

Easy & natural cures proven to tame *your* joint pain

✓ **Achy hands?** Massaging them with 2 drops of warm sesame oil, then wrapping them in a warm towel for 10 minutes cuts pain and stiffness by 59%. Credit goes to unique compounds in the oil that dial down inflammation.

✓ **Painful back?** Progressive muscle relaxation (PMR) eases back pain by 80%. To do: Make fists and hold for 5 seconds; open hands and focus on how relaxed the muscles feel; repeat with muscle groups throughout the body twice a day.

✓ **Sore shoulder?** Research shows heat dilates blood vessels to increase blood flow to the sore joint. Simply fill ⅔ of a long sock with uncooked rice, tie shut and microwave for 2 minutes; apply to your shoulder for 5 minutes three times daily.

We’d love to print *your* inspiring story! Email the story with your name, phone number and a current photo to: WWFeatures@WomansWorldMag.com. Or mail it to: Scoop, *Woman’s World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman’s World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to a high volume, we are unable to return submissions received.

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SLIMMING SUCCESS

Drop 10 lbs

What would happen if the food you ate over the next few days turned your body into a fat-burning machine? Well, it's now pretty easy to find out! Because one popular blogger is sharing the quickie approach helping her fans melt up to 4 inches off their waist in just three days. "Many women tried it thinking that they'd hit an age where they couldn't lose weight at all. So they were in for a big surprise," says 122-pounds-slimmer Sara Borgstede, a New York mom and creator of TheHolyMess.com. Yet experts aren't surprised. In fact, patients of one top gastroenterologist report using a similar plant-based strategy to drop up to two sizes *overnight.* And it happens "without any calorie counting or portion control," notes Robynne Chutkan, M.D. author of *The Microbiome Solution.* Read on for all the slimming details…

RL will be slimmed to match cover in Prod. thx-TS

After many years maintaining 100 pounds lost on Weight Watchers, Sara developed severe reflux and bloat that baffled doctors. Desperate for relief, she began testing different dietary strategies. The internet turned her on to a top approach for GI health: "You eat only low-fat whole plants like veggies, fruit, beans and whole grains," Sara says. "Basically, it's all food that was 'zero points' on the Weight Watchers plan I use. I love zero-point foods because you eat as much of them as you want without measuring."

So Sara tried building her meals almost entirely with zero-point plants. What happened? Her nagging hunger "was fading from day one." Then the scale, which hadn't budged in forever, started going down by up to a pound a day. Her health perked up too.

Sara's body responded so well that when doctors found a treatment for her tummy, she continued to eat plant-based. "Not all the time. I'm not on a vegan crusade," she laughs. "I just eat plants a lot more." She's glad she did: "I went through menopause, and instead of gaining weight, I lost 20 pounds!"

Magic in just 3 days

Hoping to pay her good fortune forward, Sara took to her site to share a three-day plant-based meal plan featuring fruity oats, burrito bowls, loaded

IT WORKS!

Sara lost 3 pant sizes!

Sara Borgstede, a busy pastor's wife and mom of five, tried plant-based eating for the potential health benefits. "I'd been at the top of my goal-weight range for a long time and wasn't trying to lose more," she recalls. Yet she shed an effortless 20 pounds. Then her plant-based menus helped speed-slim many fans of her blog. "Honestly, I thought eating carbs made us retain fluid and would slow weight loss." She's now seen that the opposite is true. "I'm so surprised carbs are the key," says Sara, 49. Bonus: Sara and folks who tried her menus found themselves with more energy, better skin, better blood sugar…in as little as three days! "This is food you can buy at Walmart. It's accessible, affordable—and pretty amazing!"

BEFORE

Fun, filling

You don't have to join Weight Watchers or even track portions to rev your metabolism. Simply build meals/snacks around plants that are typically "zero points"—veggies, whole fruit, beans and healthy seasonings. If desired, add accents of whole grains, even a little maple syrup or avocado. Skip all oil, refined sweeteners and animal products. We've got ideas to inspire you. Find Borgstede's free menus at TheHolyMess.com.

in 72 hours

Discover the ‘zero point’ food hack that heats up metabolism so we **burn fat 60x faster**

potatoes and more. She then tracked more than 100 folks as they tried it. Results were astonishing, especially for the over-50 crowd. Take Fran Snyder, 61. After six months on Weight Watchers, the Pennsylvania grandma doubled her total weight loss in a single weekend.

Meanwhile, North Carolina’s Theresa Edwards, 62, shrunk her waist by 4 inches in 72 hours. Plus, her tiredness disappeared. The list goes on and on. Says Sara: “I’m amazed!”

A surprise discovery

When we asked experts about these stunningly fast benefits, one insisted calories were key. To be fair, low-fat whole plant foods are so light yet filling, an NIH study found that we can eat all we want and still consume 700 fewer calories per day than most dieters.

But consider this: Many women testing Sara’s menus were already following a famous low-calorie plan. And yet three days of plants triggered them to start melting *exponentially* more flab. Similarly, a clinical study found folks fed low-fat plant foods got lean 60 times faster than those on a healthy diet with more fat and meat. Why? There may be too many reasons to count…

> **Yes!** In mere days, a diet built around low-fat plants can trigger changes that cut blood pressure by up to 49 points and cholesterol by up to 76 points

A trillion little fat blasters

Experts like Dr. Chutkan rave about the instant impact plants have on the trillion bacteria in our gut. Turns out, when we have lots of plant fiber in our system, it radically changes these bacteria for the better. Indeed, a Harvard study found that volunteers eating fatty meat and processed junk developed an abundance of bacteria linked to obesity and illness. But when they switched to low-fat plant foods like rice, onions, peas and bananas, “their gut bacteria improved rapidly within the first 30 hours,” per the doc. Guts were soon teeming with bacteria that promote overall well-being and also dial down hunger, reduce calorie absorption, lower belly-fat hormones and much more.

The effect is so powerful, separate Harvard research determined an abundance of beneficial gut bacteria is often the *only* factor setting a slim woman apart from her obese identical twin sister. The takeaway here: Eat lots of plants. Even if you only do it a few days here and there, it can make a huge difference. “Simple changes can help people transform their body and health for the better!” promises Dr. Chutkan.

Real-world wow

After decades of yo-yo dieting, “my metabolism seemed very slow,” shares Illinois librarian Terri Fleck, 64. “Plus, I was hungry all the time.” On Weight Watchers, it took her five months to shed 14 pounds; she then regained it in a flash. So when she heard about Sara’s plan, she figured it was worth a shot. “I wasn’t sure I’d enjoy the food, but I did” Terri says. “And my hunger changed right away. I often couldn’t even finish my meals. I also had lots more energy and slept better.”

Dropping 2 pounds the first day, the next thing Terri knew, she was down 10 pounds. “I have never released weight so quickly before. This way of eating really gets things moving in a great direction!”

Easy pasta salad

Serve warm for a hearty dinner and enjoy leftovers chilled for lunch

16 oz. chickpea or whole-wheat pasta, cooked and drained
15 oz. can beans, rinsed
3 cups mixed chopped veggies
1 small red onion, sliced
½ cup sliced olives
⅓ cup fresh chopped basil
6 Tbs. white wine vinegar
4 Tbs. Dijon mustard
1 Tbs. Italian seasoning
7 drops liquid stevia or to taste

In large bowl, mix first 6 ingredients. In separate bowl, whisk vinegar, Dijon, seasoning, stevia and 2 Tbs. water. Toss with pasta. *Serves 4*

foods that turbocharge weight loss

CHICKPEA OMELET

Whisk ⅓ cup water, ¼ cup chickpea flour, 1 Tbs. nutritional yeast, ¼ tsp. baking powder, dash turmeric and salt. Cook omelet-style in nonstick skillet, 3–4 minutes per side, filling as desired.

SPINACH ARTICHOKE DIP

In food processor, blitz 4 cups thawed cauliflower, 1 drained can artichokes, 4 Tbs. nutritional yeast and 2 tsp. garlic salt. Stir in 2 cups chopped spinach. Warm; enjoy with whole-grain pita.

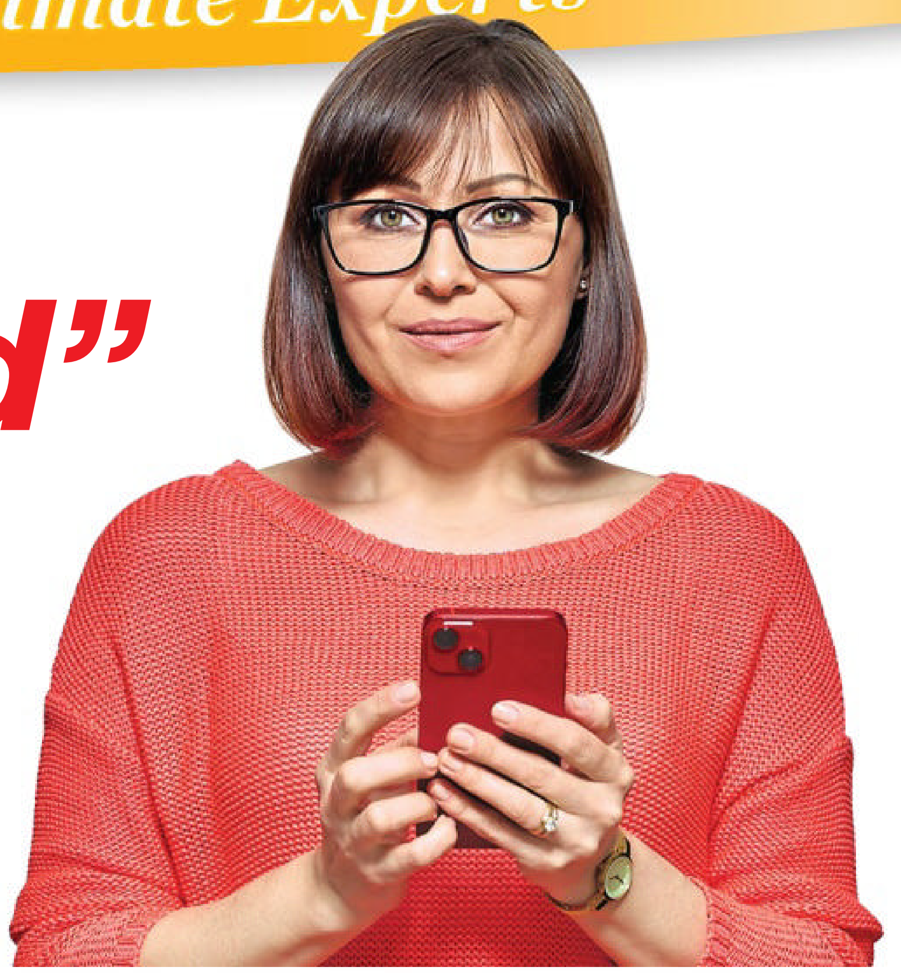
ZERO-POINT CHILI

Mix 15 oz. can crushed tomatoes, 15 oz. can beans, 10 oz. frozen diced onion, 10 oz. frozen corn (optional), 6 oz. tomato paste and 1 Tbs. chili powder. Simmer 20 minutes.

As always, get a doctor’s okay to try any new dietary strategy. For more great inspiration and advice, check out Dr. Chutkan’s new book *The Anti-Viral Gut.*

Erica Eichelkraut/City Lights Studio. H&M: Bailly Piazza. Shutterstock (2); Getty; Adobe Stock. Text: Allison Nemetz

"Ouch! I've been *ghosted*"



'Ghosting' is when someone suddenly ceases all communication without an explanation. Here, expert ways to recover and restore your sense of self-worth

Heal the hurt

Feel it in your body

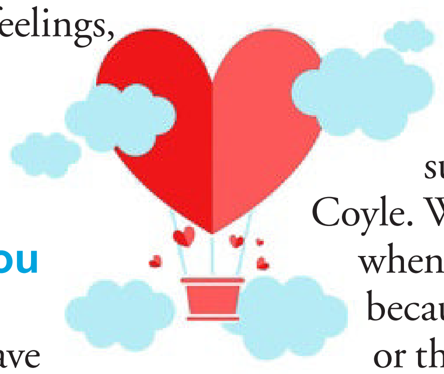
When a friend or potential suitor drops off the radar without warning, it can be devastating—we wonder, *Is it something I did? Is there something wrong with me?* says expert Tracy Hutchinson, Ph.D. "It's so important to process this pain—instead of pushing it away, notice where the discomfort is in your body," she urges. "For example, you might say, 'I'm feeling this in my heart; this is sadness, and I'm not alone.' Sitting with your feelings, knowing they will pass, helps you recover faster."

It isn't about you

Research shows "ghosters" often have an avoidant attachment style, meaning they tend to be emotionally distant, says expert Maureen A. Coyle, Ph.D. "Studies also reveal that people who ghost are more likely to have a 'destiny mindset,' which means it's all or nothing with them, and they're less likely to work on relationships." She adds that people with a "growth mindset," on the other hand, are less likely to ghost because they believe they can work on and nurture relationships. "Just knowing the person who treated you this way likely has black-and-white thinking helps you release yourself from blame."

Lean on loved ones

"The number-one predictor of physical and psychological health is strong social support," confirms Coyle. We often want to hide when we've been ghosted because we feel ashamed or that we did something wrong, but this is the time to connect with those who care about us. "Being reminded of all the things people love about us reinforces the fact that we will get through this stronger."



Boost your confidence

Note your wins

Being ghosted shakes your faith in your decision-making, says expert Jennice Vilhauer, Ph.D. "To rebuild confidence in yourself, take stock of your strengths by looking back on all the setbacks you've overcome." When we're feeling down, we tend to only remember things that support a negative view of ourselves, so it helps to make a conscious decision to tally our wins, she explains. "Someone else's choice to treat you unfairly doesn't mean you should devalue the many good choices you've made in your life."

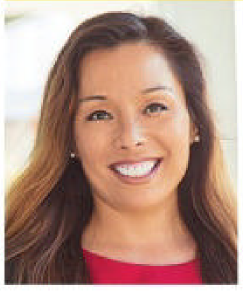
Boost your self-esteem

People who are cautious by nature tend to feel the sting of being ghosted more acutely than risk-takers, says Coyle. If you fall into the former camp, she recommends diving into activities that make you feel good about yourself, like gardening or volunteering. "Focusing on our passions helps us reestablish our self-esteem and make us feel better about who we are."

Let yourself try again

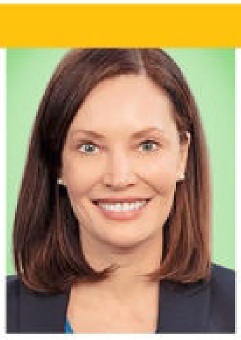
As much as it hurts to be ghosted, try not to let it deter you from pursuing new relationships, encourages Coyle. "It hurts, and we shouldn't diminish that, but just because it happened once, don't assume it will happen again." She notes that study participants who reflect on their experience of being ghosted often emerge more resilient and clearer about what they want from future relationships.

Our expert panel



Tracy Hutchinson, Ph.D., teaches graduate courses at the College of William & Mary and is a psychotherapist in private practice. More at DrTracyHutchinson.com.

Maureen A. Coyle, Ph.D., is an applied social psychologist who specializes in research on how digital communication affects relationship development.



Jennice Vilhauer, Ph.D., author of *Think Forward to Thrive,* is an award-winning psychologist in Los Angeles and the developer of Future Directed Therapy (FDT).

Shutterstock; Adobe Stock. Text: Kristina Mastrocola

SPONSORED

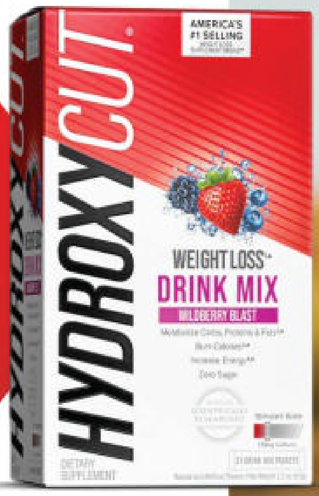
What (*Really*) Worked. For Allison

Allison, had recently turned 46 and was tired of feeling as if she were wearing someone else's body suit—she wanted to get her groove back. "If an over-40, always-on-the-go entrepreneur and hair-and-makeup artist can lose 22 pounds, then anybody can!" says Allison. What was her motivation? A confidence boost, both professionally and personally—she wanted to walk into a room and feel good about herself. She wanted her outside to reflect how she felt inside—strong, beautiful, and confident. So, after years of performing beauty transformations on others, she wanted to perform a transformation on herself—and lose some weight.

Allison's Weight-Loss Strategy

Her approach: Make simple substitutions, track portion sizes, and have the tools in place so that she wouldn't be so tempted by the sweets and treats that are the industry norm at all those photo shoots. Fortunately, at the same time she made this commitment to herself: She found **Hydroxycut Drink Mix**. "It kind of saved me. I could throw it in my bag, and it gave me that added edge to ignite my journey. It's sugar free, has zero calories, delicious and versatile—and better yet, it helped me feel as if I wasn't sacrificing." Twenty-two pounds later, with no magic pill, just the right strategies and tools in place, Allison made it work. "It's good to have my confidence back."

"The Total Package. Zero Calories. Zero Sugar!"



BEFORE

HYDROXYCUT

Better With Hydroxycut

Hydroxycut Drink Mix is the perfect weight-loss supplement for an on-the-go lifestyle. This zero-sugar, zero-calorie drink mix provides clean sourced energy in a convenient and delicious Wildberry flavor. Formulated with a scientifically researched key weight loss.

AFTER

She Lost 22lbs!

"I'm living proof that if you put your mind to it—and have the right tools in place—you can drop those extra pounds."

Make them

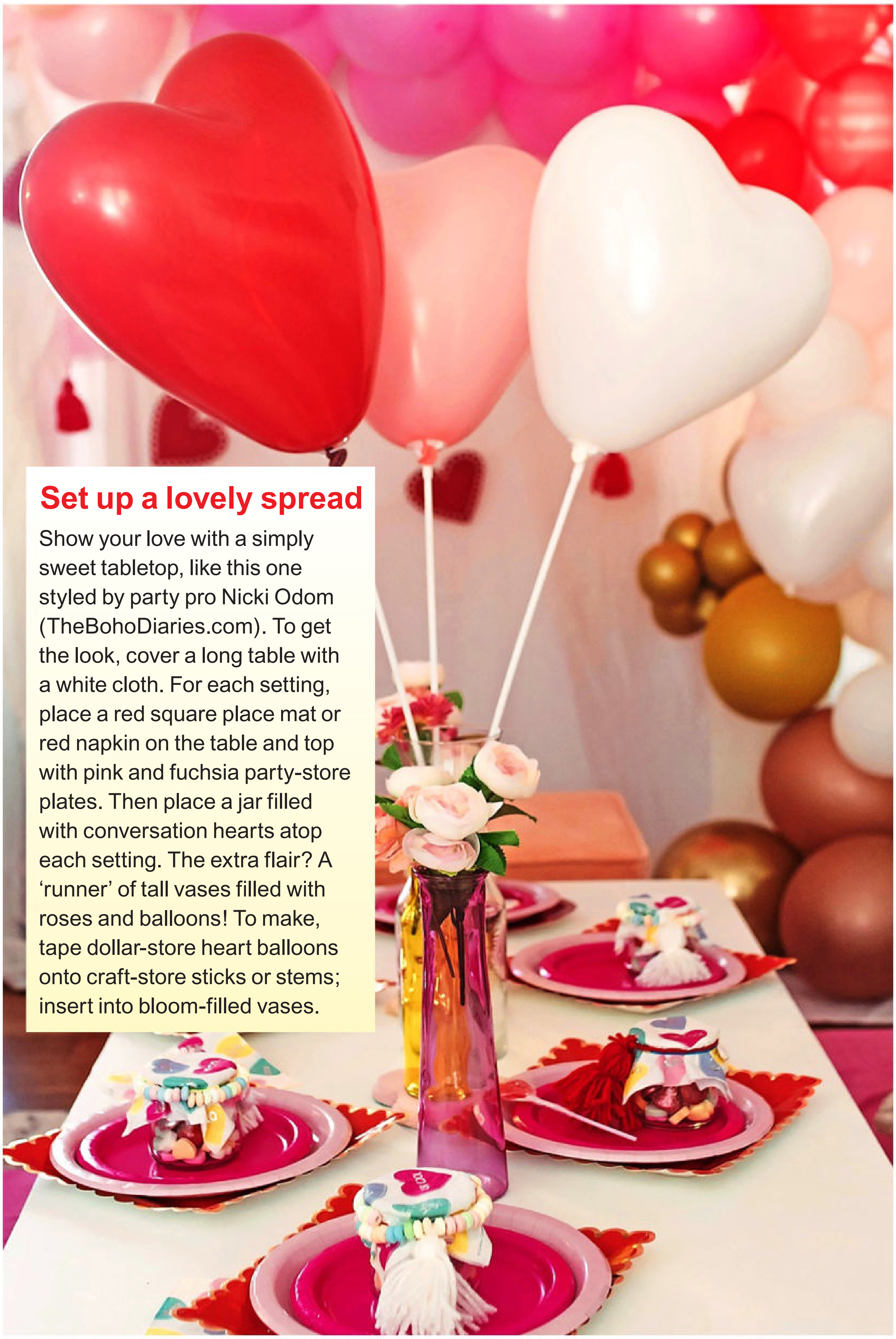
A Valentine's Day gathering with your favorite friends is the best treat of all! They'll love sampling brunch bites and sweet sips, and *you'll* love that it all comes together so easily

▲ Serve joy with sweet treats

These cute treats are hiding a surprise: Each is stuffed with a sweet chocolate! To do: Make a batch of boxed chocolate cake mix. Pour into wrapper-lined muffin tins until half full; add a chocolate in the center of each and cover with batter until the wrapper is ⅔ full. Bake as directed. Let cool. Swirl on vanilla frosting; add heart sprinkles.

▲ Charm with mini pancakes

To make heart-shaped pancakes, grease silicone heart-shaped cookie cutters, pour pancake batter in and cook as usual, removing cookie cutter before flipping. Tip: To ensure you're not stuck at the griddle during the party, make pancakes in advance and reheat at 350°F for 10 minutes in a baking dish.



Set up a lovely spread

Show your love with a simply sweet tabletop, like this one styled by party pro Nicki Odom (TheBohoDiaries.com). To get the look, cover a long table with a white cloth. For each setting, place a red square place mat or red napkin on the table and top with pink and fuchsia party-store plates. Then place a jar filled with conversation hearts atop each setting. The extra flair? A 'runner' of tall vases filled with roses and balloons! To make, tape dollar-store heart balloons onto craft-store sticks or stems; insert into bloom-filled vases.

sweet on you!

Raise a glass to friendship with a fizzy signature sip

This sparkling take on a classic cosmopolitan cocktail complements brunch favorites served at your party—and the bubbles really make it feel like a celebration! To make each, in a cocktail shaker with ice, combine 1½ oz. of vodka, ¾ oz. of Cointreau liqueur, ¾ oz. of Chambord, 1½ oz. of cranberry juice and a squeeze of lime juice. Strain into a flute; top with sparkling white wine. For a quick garnish, skewer 2 raspberries onto a toothpick, place atop each champagne flute and serve.

Brighten up a corner with an 'I love you' bouquet

Roses are a classic Valentine's Day bloom, but tulips are just as meaningful: They symbolize "perfect and deep love." Plus, they last up to 10 days once cut and are more affordable since they're not as in demand seasonally. To get this look, pick up a tulip bunch from the grocery store. (Hint: If it's a few days before the party, pick tightly closed flowers, which will open within two to three days if kept in cool water.) Cut stems at an angle and place in a water-filled vase, forming a soft mound. For extra texture, tuck in a few baby's breath stems.

Kindle a cozy atmosphere with a twinkling vignette

Setting up a rosy floral-kissed candlescape on an entryway table is an easy way to greet guests with a happy hello! To get the look, paint a glass candleholder with red glass paint from the craft store (or simply use a red candle cup). Let dry, then add a pillar candle inside. For a jeweled votive "necklace," string a few beads onto thin floral wire and wrap the bottom half of the glass. Arrange on a table alongside a red supermarket bouquet. Tip: Give an unscented candle a custom scent by lighting the candle until the top layer of wax melts, then extinguishing flame. Pour a few drops of candle-safe fragrance oil from the craft store in the melted wax; stir with a toothpick. Let harden, then relight and enjoy.

Nicki Odom of TheBohoDiaries.com; Getty; Shutterstock (2); Adobe Stock (4). Text: Brieanne Dyas

BE MINE
BE MINE
BE MINE

3 tips for your best party

1 *Try a treat exchange*

There are so many different types of treats available for Valentine's Day—why not use your favorite store-bought sweets for a surprising swap game? Ahead of the party, invite guests to bring boxed sugar cookies or chocolates to the bash, then let the fun begin! Place a box of treats at each place setting, then play music. Have guests pass the box to the next person, continuing until the music stops. Randomly start the music again for a few more rounds of fun! In the end, each guest brings her box home as a sweet reminder of the day.

2 *Turn petals into wow!*

If you have a few less-than-perfect blooms in your bunch, turn the petals into potpourri. To do: Strip the petals off the flowers, place on a paper towel–lined plate and microwave for a minute at a time until petals dry (about 4 to 5 minutes for 1½ cups of petals). Let cool, then place petals in a bowl. Add 3 or 4 drops of rose fragrance oil to add scent, then mix.

3 *Play the perfect tunes*

Queue up your favorite love songs to get everyone in the spirit! (Add plenty of classics to your playlists—you never know what fun memories classic tunes will inspire!) No time to make your own playlist? Search "Valentine's Day Love" on Spotify for 6 hours of the perfect party music.

“Know you are

Diane Gronkowski, mom to NFL legend Rob Gronkowski, maintained her inner calm and flexed her adaptability muscles while raising five rowdy boys, each of whom went on to become pro athletes. But it wasn’t all easy. Here, Diane’s play-by-play on how she weathers the wins and losses of life—and finds joy in every season!

By Lisa Maxbauer

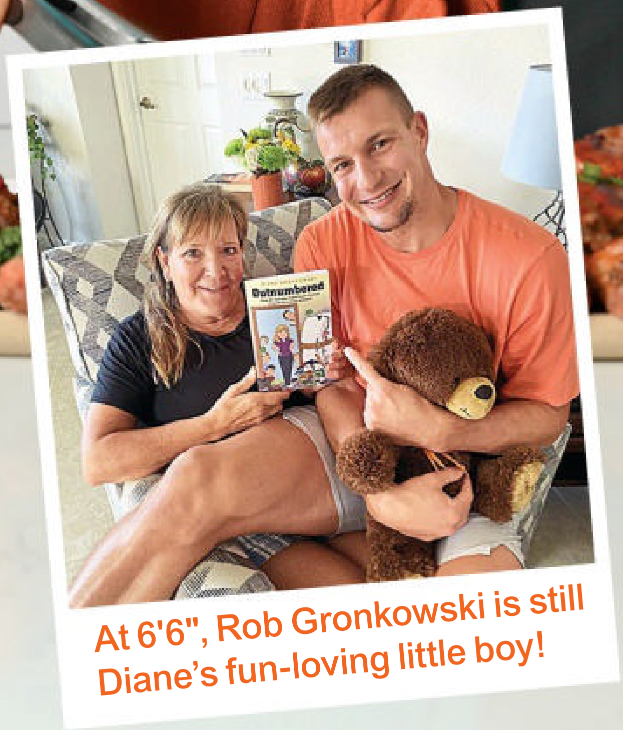
Not long ago, Diane Gronkowski, 62, was pushing her cart through Target near her home in Florida, when her phone rang. It was her son Rob, four-time Super Bowl champ who played for the New England Patriots and Tampa Bay Buccaneers, surprising her by saying, “I’m at your house, looking in the fridge.”

Diane couldn’t help smiling. “He’s known as ‘No Notice Rob’ because he just shows up!” the now empty nester tells *Woman’s World*. “What makes me the happiest is knowing I’m going to see one of my sons.”

“Mama Gronk,” as she’s lovingly known to fans, may be the most famous sports mom in the world. All five of her sons went pro (four in the NFL and one in MLB), and they have their all-star mother to thank. After all, Diane was the one who woke up at 4 AM to take her kids to practice, bought endless groceries (40 pounds of chicken breast per week!), and tackled the never-ending laundry pile so her beloved boys could make their dreams come true.

But before any draft deals, life was far from glamorous. “For a long time, there was no furniture in the living room or the dining room,” Diane reveals. “All our money was going to feeding the kids.” And through the “permanent commotion,” Diane admits she was almost always tired. “I learned it was possible to be lonely while never being alone.”

Still, she brought the best out in everyone, and now, Diane is welcoming new joys in the form of daughters-in-law and grandbabies. Here, how she found new worth from the sidelines—and thrived!



At 6'6", Rob Gronkowski is still Diane’s fun-loving little boy!

DIANE GRONKOWSKI
Outnumbered
How an Average Supermom Raised Five Professional Athletes

Check out Mama Gronk’s new book!

In her memoir, *Outnumbered: How an Average Supermom Raised Five Professional Athletes,* Diane shines a spotlight on what she calls “the humble role of parent to the high-achieving and the publicly adored.” She says, “This is for all the moms and team captains at home. It’s relatable. Every parent is proud of their kids no matter what they do.” Plus, fans will love the favorite recipes and family snapshots she includes (available at Amazon.com).

a true MVP!”

Bake away stress

“Raising five busy boys, I had to have the patience of a saint, and thanks to my mom, baking became a lifelong form of relaxation and a coping mechanism when stress threatened to slow me down,” says Diane. “As far as training goes, I can’t convert ounces to grams, but I can tell you how many quarts of fresh strawberries make a dozen jars of my homemade jam: 40! Watching a hungry child light up when eating food I prepared makes me happier than anything I could ever do for myself!”

Diane with sons *(from left)* Rob, Gordie, Chris, Glenn and Dan

You are worthy

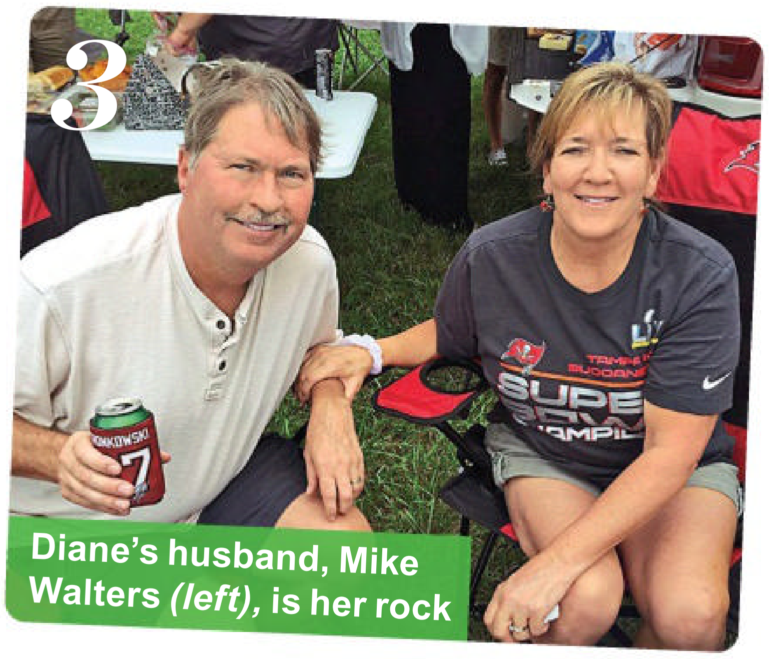
“I remember feeling judged for being a stay-at-home mom, where there’s no paycheck or awards,” Diane recalls. “But over time, I see the unmeasurable rewards of my effort. Nothing’s more important than caregiving and supporting others. There’s a pride and inner strength in knowing my boys became hard workers and good citizens. I wouldn’t trade that for anything.”

Find joy in giving

“I witnessed the ultimate football-mom moment: seeing my son play in the Super Bowl, but I know so many people are struggling,” says Diane. “Families of Super Bowl teams often volunteer in the host city. In 2018 in Atlanta, I loved joining the Patriots’ friends and family as we cooked, served and socialized at Atlanta Mission, one of the largest soup kitchens in the U.S. Moments like those are humbling and enlightening and fill my heart!”

Enjoy a second act

“With the kids grown, I’m proud of the work I do now,” says the author and owner of a home-watch business. “When I do a job, I’m gonna do it right! But I also have my bucket list. I’d like to visit all 30 NFL stadiums. I just visited Cincinnati for a game. My kids were like, ‘You’re going to Ohio? You’ll freeze.’ I’ve gotten used to Florida weather. But this goal will keep me busy—and that’s so important!”



Diane’s husband, Mike Walters *(left)*, is her rock

Lead with love

“I’ve been through things that have been challenging,” Diane shares. “My sixth pregnancy—a girl—ended in miscarriage. It’s one of those heartbreaks that stays with you, but one thing that nobody knows is that I wear two tiny diamond earrings in my right earlobe: those are for my little girl. And I’ve learned you really need to find someone you can talk to about feelings you’ve been holding in. My husband of 10 years, Mike Walters, is that person. He always listens before he reacts. It brings so much peace.”

See the big picture

“My secret to success is a series of large calendars,” reveals Diane. “I had different colored pens when the kids were little. Everything was easy to see. To this day, I use a big calendar even though I have everything on my phone—I want to look at the whole month at a time. A few of my kids, even Rob, use big calendars too. We’re organized and ready for anything.”

Barbara Wrigley Mcdevitt. H&M: Lily Avalo. Shutterstock (3); Getty

Turn for Mama Gronk’s recipes! ▶

WEEKEND WOW

Mama Gronk's

Give everyone a reason to cheer with these game-day recipes from NFL supermom Diane Gronkowski

Buffalo Chicken Dip

This ooey-gooey-good starter comes together with only 4 ingredients—Mama Gronk says it's just as delicious served warm or cold, and you can adjust the hot sauce depending on how much heat you like

- 1 (8 oz.) cont. cream cheese
- 8 oz. refrigerated blue cheese dressing and dip, such as Marie's
- ⅓ cup hot sauce, such as Frank's
- 2–3 cups shredded rotisserie or cooked chicken
- Tortilla chips, pita chips (such as Stacy's), crackers and/or assorted veggies

● In medium pot over low heat, slowly melt cream cheese, stirring often, about 3 min. Add blue cheese dressing and hot sauce; cook, stirring often, until combined and heated through, about 3 min.

● Stir in shredded chicken; cook, stirring often, until heated through, about 2 min. Transfer dip mixture to serving bowl. Serve warm or cover and chill until ready to serve. Serve with tortilla chips, pita chips, crackers and/or assorted veggies.

Tip: To save time on game day, you can make this dip up to 2 days in advance.

Servings: 8. Active time: 15 min. Total time: 15 min.

easy winning eats

Cranberry Chicken Wings

Bottled dressing, soup mix and cranberry sauce combine to create the glaze for these quick-prep bites

Wings:

- 1 (14 oz.) can whole cranberry sauce
- 1 (1.4 oz.) pkg. dry onion soup mix
- 8 oz. bottled Catalina dressing (1 cup)
- 3 lbs. chicken wings, tips removed, halved at joint

Dip:

- 1 lemon
- ⅓ cup sour cream
- ⅓ cup mayonnaise
- 1 scallion, chopped
- 2 Tbs. chopped fresh parsley

● **Wings:** In large bowl, stir together cranberry sauce, soup mix and dressing; reserve ½ cup mixture. Add wings to bowl with remaining marinade; toss until coated. Transfer to large resealable plastic food-storage bag; transfer to refrigerator to marinate, turning bag several times to evenly coat, 2 hrs.

● Heat oven to 425°F. Line rimmed baking sheet with foil; coat with cooking spray. Spread wings in single layer on baking sheet. Bake until cooked through and juices run clear, brushing with reserved ½ cup marinade during last 5 min. of cooking time, 30–35 min.

● **Dip:** Meanwhile, squeeze 1 Tbs. juice from lemon. In medium bowl, stir together sour cream, mayonnaise, lemon juice, scallion and parsley (cover and chill if not using immediately). If desired, line serving platter with lettuce leaves. Transfer wings to platter. Serve wings with scallion-herb dip.

Servings: 8. Active time: 20 min.
Total time: 3 hrs.

WW WEEKEND WOW

Overnight Tossed Salad

Mama Gronk likes to start with the lettuce on the bottom, but you can layer it up any way you like

1 head lettuce, torn into bite-size pieces
3 stalks celery, chopped
¾ of large green pepper, chopped
1 medium red or yellow onion, thinly sliced
1 (10 oz.) pkg. frozen peas, thawed, drained
1 (15 oz.) cont. Miracle Whip or mayonnaise
Parmesan to taste
1½–2 cups shredded cheddar

- In trifle dish or large bowl, layer lettuce, celery, peppers, onion and peas. Spread Miracle Whip or mayonnaise over top.
- Sprinkle to taste with Parmesan cheese. Scatter shredded cheddar on top. Cover and chill overnight. Toss before serving.

Tip: Feel free to customize this toss with any ingredients you have on hand. Add chopped hard-boiled eggs, corn, diced imitation crab, cucumbers and/or tomatoes and fresh herbs. Then simply sub in any bottled creamy dressing, such as ranch or blue cheese.

Servings: 8. Active time: 15 min.
Total time: 15 min. + overnight

Mama Gronk's Famous Chicken Soufflé

Convenient canned mushroom soup is the extra-easy secret to this Gronkowski family favorite

4 cups diced cooked chicken
1 cup chopped celery
1 large white onion, chopped
½ cup mayonnaise or Miracle Whip (light is okay)
8 slices white or wheat bread, cubed
3 cups milk
4 eggs
1 (10.5 oz.) can condensed cream of mushroom soup, such as Campbell's
3 cups shredded cheddar (use more or less to taste)
Chopped parsley or chives (optional)

● Coat bottom of large baking dish with cooking spray. In large bowl, stir together chicken, celery, onion and mayonnaise. Place half of bread cubes in single layer in bottom of baking dish. Top with chicken mixture. Cover chicken mixture with remaining half of bread cubes.

● In large mixing bowl, whisk together milk and eggs; pour over bread and chicken mixture. Cover and chill, 2–3 hrs. or overnight.

● Heat oven to 350°F. Uncover casserole; bake until center is firm, about 1 hr. Spread mushroom soup on top, then sprinkle cheddar over soup. Bake until cheese is melted and soup is heated through, 5–10 min. (casserole will have puffed up, like a soufflé). If desired, garnish with parsley or chives.

Tip: For a party-perfect twist, turn this dish into individual portions. Simply layer the ingredients in mini ramekins or heatproof bowls and bake until heated through.

Servings: 8. Active time: 20 min.
Total time: 4 hrs., 30 min., or overnight

Shutterstock; Adobe Stock; Barbara Wrigley McDevitt (3). H&M: Lily Avalo

Score rave reviews

Bring on game-day smiles with these touchdown-worthy treats that are a cinch to make with convenient fudgy cake mix

Football Cake Pops

Doubles as a stunning centerpiece too!

- **1 (15.25 oz.) pkg. dark chocolate fudge cake mix**
- **½ cup oil**
- **3 eggs**
- **½ cup + 2 Tbs. canned vanilla frosting**
- **1 tsp. coffee extract (optional)**
- **24 (8") lollipop sticks**
- **6 cups dark cocoa candy melts, from 3 (12 oz.) pkgs., melted**
- **Styrofoam blocks**
- **1 cup white candy melts, melted**

Tip!

To add 'turf,' hot-glue a long grass mat (from craft stores) over a Styrofoam block, then push in cake pops

Easy as 1,2,3!

1 Heat oven to 350°F. Coat 13"x9" baking pan with cooking spray. Prepare cake mix with 1 cup water, eggs and oil; bake according to package directions. Let cool completely in pan. Line rimmed baking sheet with wax paper. Crumble cake into large bowl. Add ½ cup frosting and, if desired, extract; on low speed, beat until moistened, adding 1–2 Tbs. additional frosting if necessary. Divide cake mixture into 24 equal portions. Roll each into football shape. Transfer to baking sheet. Cover; chill 1 hr.

2 Holding 1 cake ball horizontally, using lollipop stick, poke hole into center of ball; remove stick. Dip stick into melted cocoa candy; reinsert into ball, wiping off excess candy. Transfer to baking sheet. Repeat with remaining cake balls and some of remaining cocoa candy. Cover; chill until set, 20 min.

3 Remelt remaining cocoa candy melts. Working with one at a time, dip balls into cocoa candy to cover, letting excess drip off. Insert into Styrofoam; let dry 30 min. Transfer white candy melts to plastic sandwich bag; snip tiny hole in one corner. Pipe stitching onto balls. Let dry, 20 min.

Servings: 24
ACTIVE time: 1 hr., 30 min.
TOTAL time: 4 hrs.

Food & Photo

Dinner made easy!

COLLECT A MEAL WW

Parmesan Herb Rolls

Spinach-Artichoke Dip

Bolognese al Forno

Cheesecake Brownie Bars

Lines + Angles (2); Shutterstock; Food & Photo

WW COLLECT A MEAL

So fast, so delicious!

Spinach-Artichoke Dip

This classic appetizer can be scooped with your choice of chips, crackers or veggies for a deliciously addictive snack

- **1 (7.5 oz.) container chive and onion cream cheese, at room temp.**
- **¾ cup mayonnaise**
- **½ cup shredded Italian blend cheese**
- **2 Tbs. Italian-style dry breadcrumbs**
- **1 clove garlic, minced**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **1 (14 oz.) can artichoke hearts, drained, chopped**
- **1 (10 oz.) pkg. frozen chopped spinach, thawed, squeezed dry**
- **⅓ cup chopped fresh parsley**

● Heat oven to 350°F. Coat 5-cup baking dish with cooking spray. In bowl, blend cream cheese, mayonnaise, cheese, breadcrumbs, garlic, salt and pepper; stir in artichokes, spinach and parsley. Transfer mixture to baking dish. Bake until hot and bubbly, 35–40 min.

Servings: 8. Active time: 15 min. Total time: 1 hr.
Calories: 340 **Protein:** 6g **Fat:** 21g (8g sat.) **Chol.:** 50mg **Carbs.:** 10g
Sodium: 490mg **Fiber:** 3g **Sugar:** 2g

Parmesan Herb Rolls

Our quick-fix bites, drenched with cheesy fresh herb-and-garlic butter, kick off with refrigerated crescent dough

- **¼ cup grated Parmesan**
- **3 Tbs. butter, melted**
- **1 Tbs. chopped fresh herbs, such as parsley, oregano and/or chives**
- **½ tsp. minced garlic**
- **¼ tsp. salt**
- **⅛ tsp. pepper**
- **1 (8 oz.) pkg. refrigerated crescent roll dough sheet**

● Heat oven to 375°F. Grease 8 muffin cups. In small bowl, combine Parmesan, butter, herbs, garlic, salt and pepper.

● On lightly floured surface, unroll dough sheet; using rolling pin, roll into 12"x8" rectangle with long side parallel to edge of surface. Brush dough sheet with half of herb butter mixture. Cut dough into 8 (1" wide) strips. Roll up each strip individually jelly-roll style.

● Place roll-ups in muffin cups, cut side up. Bake until golden, 8–10 min. Let cool slightly. Remove rolls from muffin cups; brush warm rolls with remaining butter mixture.

Servings: 8. Active time: 15 min. Total time: 30 min.
Calories: 150 **Protein:** 3g **Fat:** 10g (6g sat.) **Chol.:**15mg **Carbs.:** 13g
Sodium: 360mg **Fiber:** 0g **Sugar:** 2g

Cheesecake Brownie Bars

Crushed amaretti cookies on top add even more mmm

- **28 amaretti cookies, from 7-oz. pkg., finely ground**
- **4 Tbs. butter, melted**
- **3 (8 oz.) pkgs. cream cheese, at room temp.**
- **¾ cup sugar**
- **6 eggs**
- **1 tsp. vanilla extract**
- **1 Tbs. cornstarch**
- **1 (18.3 oz.) pkg. chewy fudge brownie mix**
- **½ cup oil**

● Heat oven to 350°F. Line 13"x9" baking pan with enough foil to overhang sides by 2"; coat with cooking spray. In medium bowl, mix crumbs and butter; reserve.

● On medium speed, beat cream cheese and sugar until smooth. On low, beat in 3 eggs, vanilla, then cornstarch. Prepare brownie mix according to package directions with remaining eggs, oil and 3 Tbs. water; spread in pan. Bake until set in center, 15 min. Top with cheesecake batter; bake 10 min. Top with cookie mixture; bake until set, 15 min. Let cool. Cut into squares.

Servings: 24. Active time: 30 min. Total time: 4 hrs.
Calories: 320 **Protein:** 4g **Fat:** 19g (9g sat.) **Chol.:** 80mg **Carbs.:** 31g
Sodium: 210mg **Fiber:** 1g **Sugar:** 21g

Bolognese al Forno

Convenient jarred sauce jump-starts this meaty pasta bake

- **12 oz. penne pasta**
- **1 lb. meatloaf mix**
- **½ tsp. salt**
- **¼ tsp. crushed red pepper flakes**
- **½ cup red wine**
- **1 (24 oz.) jar tomato-and-basil pasta sauce**
- **6 slices provolone, halved, folded**
- **½ cup shredded Parmesan**
- **2 Tbs. parsley leaves**

● Heat oven to 350°F. Coat 13"x9" baking dish with cooking spray. In pot of salted boiling water, cook pasta according to package directions for al dente; drain.

● In nonstick skillet over medium-high heat, cook meatloaf mix, salt and pepper flakes, breaking up with spoon, until mix is no longer pink, 7–8 min. Stir in wine; cook down 3 min. Stir in sauce; reduce heat to medium-low. Cover; cook, 10–15 min. Stir in pasta. Transfer to baking dish; top with provolone. Bake until cheese melts, 5–10 min. Top with Parmesan and parsley.

Servings: 6. Active time: 20 min. Total time: 45 min.
Calories: 540 **Protein:** 30g **Fat:** 22g (10g sat.) **Chol.:** 70mg **Carbs.:** 52g
Sodium: 800mg **Fiber:** 5g **Sugar:** 8g

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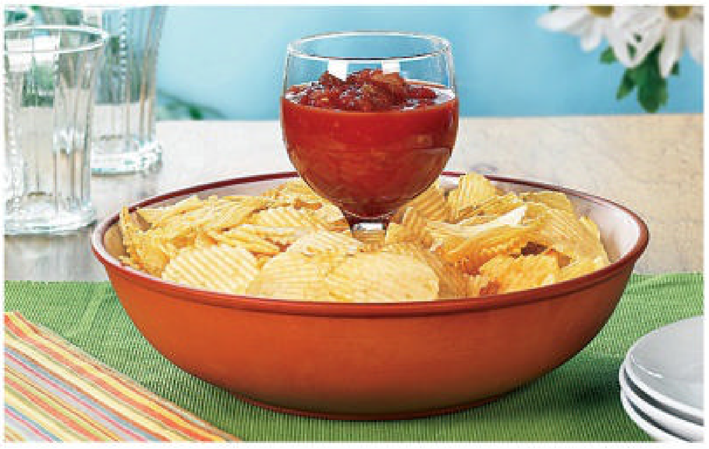
Your organized home

Game-day hacks you'll want to try!

This year's Super Bowl is expected to draw more than 100 million viewers—if you're hosting even just a few of those fans, our tips will make your party planning a cinch

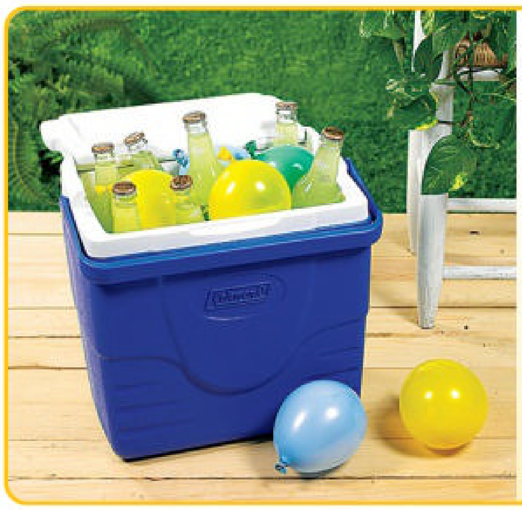
Ensure dip is easy to reach *with a wineglass*

Pour salsa or dip into a wineglass or margarita glass and nestle it in the middle of chips or crudités, suggests Jamie Novak, author of *Keep This Toss That.* "The raised glass makes it much easier for guests to reach—and more likely, the dip will reach hungry mouths rather than spill on your tablecloth."



Save money on napkins *with colorful bandanas*

Instead of shelling out money for increasingly pricey paper napkins, head to the dollar store to pick up a few inexpensive bandanas in your favorite team's colors, suggests event planner Maria Britton of TradeShowLabs.com. Not only will they feel fancier and more fun—and complement your decor—they're also easy to reuse for future parties.



Keep drinks chilled *with ice balloons*

No need to bother with an ice bucket or deal with messy melting cubes in order to keep your drinks cold and your guests happy. Just fill a few colorful balloons with water, freeze them and use the fun "frozen balloons" to chill your beverages.

Make crumbs disappear *with a football table cover*

For a festive *and* practical way to protect your serving area, simply grab a green bedsheet, tablecloth or piece of felt and use it to cover the table. Then mark off "yard" lines using white masking tape and white number stickers. Voilà—an adorable party decoration that you can bundle up and throw in the trash or wash when the soiree is over for easy-peasy post-party cleanup.

Create bonus seating *with floor cushions*

The TV is the centerpiece of any Super Bowl party, but if your couch can't handle your guest count, try pulling pillows from seats and beds in other rooms, says party planning chef Rafael Gonzalez (ChefRafaelGonzalez.com). "Just scatter them as 'floor seating' around the screen to create a relaxed yet still comfy atmosphere."

Shutterstock (3); Jemma Evans (2). Text: Lindsay Bosslett

Golden Grandeur

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BLAKE JENSEN

Porcelain elephant features citrine-hued Svenka crystals that sparkle with joy and positivity!

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Shown smaller than approximate size of 6" tall.

FOLLOW US ON

The elephant's lotus pattern celebrates enlightenment and new beginnings!

22K fired-on gold accents shimmer with hopes for prosperity and good fortune!

Joy and positivity by the *trunk-ful!*

Artist Blake Jensen celebrates the greatness inside each of us by taking inspiration from **genuine gold** ... the **rare citrine** ... and the beauty of the **lotus flower**. Symbols of positivity and prosperity, they are all uniquely canvased upon the sculpted shape of the ever-resilient elephant in his latest, most imaginative debut yet — **"Golden Prosperous Beginnings"**.

Porcelain keepsake shimmers with real 22K gold & genuine crystal!

Crafted and painted by hand in bisque porcelain, Blake uses the radiance of **22K fired-on gold** and **brilliant, citrine-hued Svenka crystals** to accent this empowering sculpture throughout. And every **delicate lotus flower pattern** is applied by hand!

Plus, "Golden Prosperous Beginnings" debuts Blake's ***Golden Fortunes*** collection, and you'll receive future editions as released. You're invited to collect them all, or you may cancel at any time.

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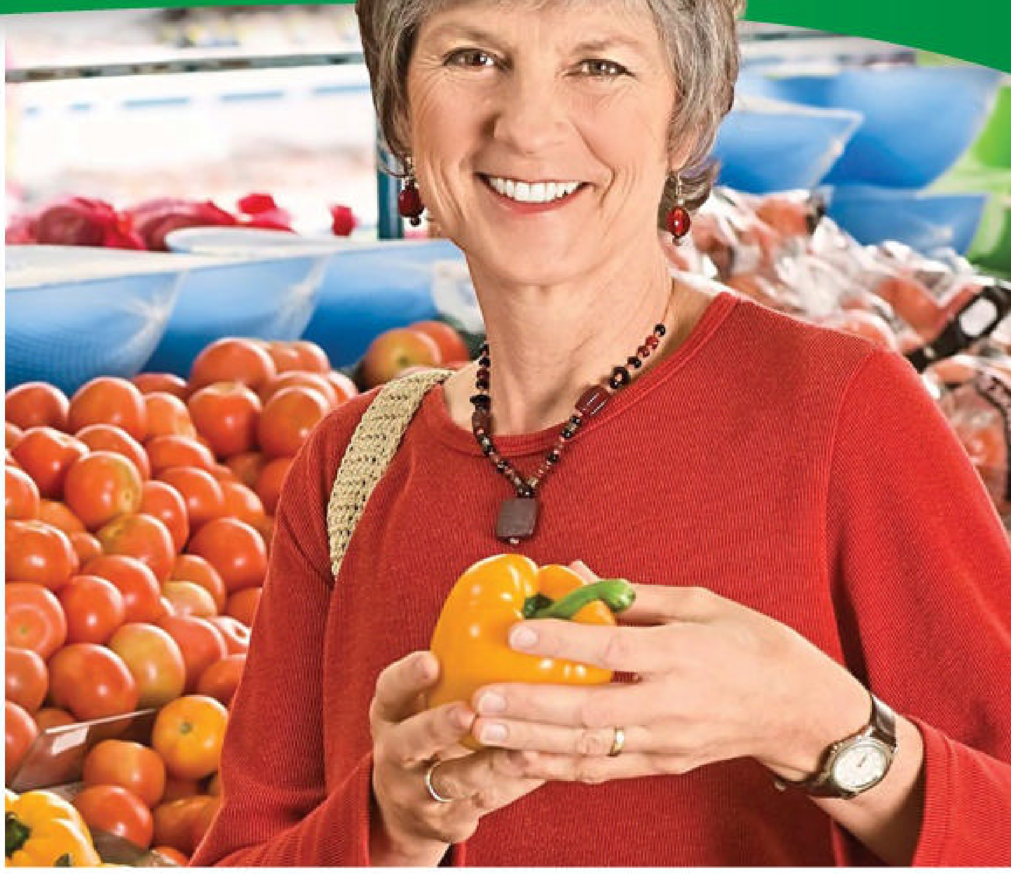

It probably comes as no surprise to you that food prices at the supermarket are continuing to surge. But what might surprise you is how simple it is to cut your bill by 50%! Just...

Sign up for free customized coupons

It's not your imagination: There really are fewer print and digital coupons overall lately—and the biggest decline is in food coupons. One key reason is the rising price of materials and labor, which has increased costs for food manufacturers.

Luckily, there's one easy way to not only get paper and digital coupons sent straight to you but have them customized to save you cash on what you buy most: Sign up for your store's loyalty program or download their app. More retailers (including Winn-Dixie and Harveys supermarkets) are using artificial intelligence software that picks which coupons to send you based on your previous shopping purchases. The way stores and food manufacturers see it, giving you coupons that you're most likely to use fosters more brand *and* store loyalty.

Look more closely *here*

If it's been more than 30 days since you checked the kinds of rewards you can earn with your credit card or store loyalty program, check again. With grocery prices so high, credit card issuers and supermarkets have responded by offering more generous rewards to help you save cash on food. For example, the Discover It cash-back credit card (Discover.com/credit-cards/cash-back/it-card.html) is giving cardholders 5% cash back on up to $1,500 in purchases at grocery stores between January 1 and March 31, but only after you activate the offer on your account online or in their app. And Kroger's new Cash Back Offers program refunds a portion of your purchases to your loyalty account after you load qualifying offers to your Shopper's Card. Once you accrue $20, you can request payment via PayPal or opt to apply it toward future purchases with your Shopper's Card.

Tip!

Have Amazon Prime? You can shop discounted groceries in the Amazon Prime Grocery Outlet. Just visit Amazon.com/outlet, then scroll to "Grocery" in the "Shop by Category" menu

Nab *these* hidden deals

A new type of retailer you can head to that will save you on your food bill: salvage grocery stores. These discount food retailers sell a wide selection of canned, boxed and frozen goods for up to 50% less than traditional supermarkets. They buy items other stores don't want because they've been discontinued, the packaging was damaged, the store had excess or other reasons that don't impact product safety or taste. To find these stores near you, log on to BuySalvageFood.com, tap "Start Saving," then search for your state.

Grab 'unwanted' bargains

A growing trend among supermarkets, farmers and restaurants: selling items that are close to their expiration date or look imperfect (but are fine to eat) for up to 50% off. The free app Flashfood (Flashfood.com) pinpoints flash sales on discounted produce and other groceries from more than 1,400 supermarkets nationwide (including Giant, Giant Eagle and Save A Lot), and TooGoodToGo (TooGoodToGo.com) shows you restaurants selling discounted prepared meals in your area. You can also order discounted imperfect produce and other foods from delivery services like HungryHarvest.net (starting at $15 a box) and MisfitsMarket.com (starting at $35 per box). WW

Saving science!

Heads-up: Problems with weather, crop diseases and supply chains are causing shortages in certain foods this year, which is raising their prices. These include almonds, beef, lettuce, oranges and rice. As a result, you may want to adjust recipes to substitute these now higher-priced ingredients for cheaper alternatives. For example: Use chicken in place of beef for casseroles and other meaty dishes. Chicken prices are dropping, thanks to an increased poultry supply!

Getty; Adobe Stock. Text: Gabrielle Lichterman

A First-of-a-Kind Illuminating Ornament in Memory of a Loved One

"Messenger from Heaven"

Illuminating Heirloom Glass Ornament

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James Hautman

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Heaven's loving light shines from within

Cardinals are among the most treasured gifts that nature shares with us during our time on earth. But this beautiful songbird's reach goes far beyond our physical world. Long associated with Heaven and the promise of the spiritual realm, cardinals are widely believed to be messengers from above, the embodiment of loved ones who have gone before us. Now, the symbolism of the cardinal and the comfort it brings in times of loss are celebrated in a hand-crafted limited edition. Presenting the "Messenger from Heaven" Illuminating Heirloom Glass Ornament, featuring the artwork of James Hautman. With one look at this precious ornament, you'll be captivated by the elegance of its design. In the center is a comforting sentiment in golden calligraphy. LED lighting inside the glass illuminates with a celestial glow.

Not available in any store—order today!

Exceptional demand is expected for this ornament, so reserve yours without delay. It's available now at the issue price of $39.99*, payable in two installments of $19.99, the first due before shipment. Your satisfaction is guaranteed or your money back. To reserve yours, send no money now; just sign and return the Reservation Application today.

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WW EASY MONEY

“I bring in $40,000 a year as a virtual assistant!”

Kadie Nolan found the perfect way to be her own boss and support small business owners! Here’s how

Kadie Nolan, 50, Sarasota, FL

“In 2007, I was working full-time as an office manager at a law firm. The economy was in decline, and I wanted to work from home to be with my baby.

Many business owners weren’t able to afford full-time administrative assistants, but they still needed the support. This inspired me to start a freelance virtual assistant business, where clients can hire me for the amount of time they can afford, and I can have the flexibility to work from home!

“To boost my offerings, I took a short online course and completed an application to become a notary, then I began networking! It was challenging to convince business owners that they didn’t need someone onsite for administrative tasks, but since the pandemic, the remote aspect has been a big benefit.

“Currently, I work with eight clients (including realtors, business coaches, florists, hairdressers and other small business owners). Clients find me through word of mouth, as well as local networking groups.

This side gig adds up to about 5 to 10 hours a week, which entails project management, data entry, real estate transactions, calendar management and travel coordination. Most of the documents I notarize are wills, trust documents and real estate documents. I also offer traveling notary services for real estate closings.

“I get paid as a 1099 contractor and bring in up to $40,000 per year, which helps pay for things like vacations and my kids’ activities. I love the freedom of being my own boss and being able to be home with my family while making money. It’s also exciting to get to know new clients and learn new things about a variety of fields!” WW

Win great prizes at WomansWorld.com/WinFeb!

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Whip up something delectable with one chance to win a Delish by Dash Stand Mixer! This compact stand mixer weighs less than 5 pounds, fits underneath most kitchen cabinets and features an ultra-durable 3.5-qt. stainless steel mixing bowl, 2 dough hooks, 2 mixer beaters and 5 speed settings. Plus, it has an adjustable slide that allows you to move the bowl from side to side so you can add ingredients while mixing, and a convenient tilt-head design that makes reaching into every corner of the bowl a cinch! *U.S. only. Ends 11:59 PM ET, 3/3/2023*

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Win a $100 Macy’s gift card!

Treat yourself to a mini shopping spree with one chance to win a $100 Macy’s gift card! Pick out some new clothes to get your wardrobe ready for spring, kick up your kitchen game with cutting-edge cookware or grab new luggage for an upcoming vacation—the options are endless. *U.S. only. Ends 11:59 PM ET, 3/3/2023*

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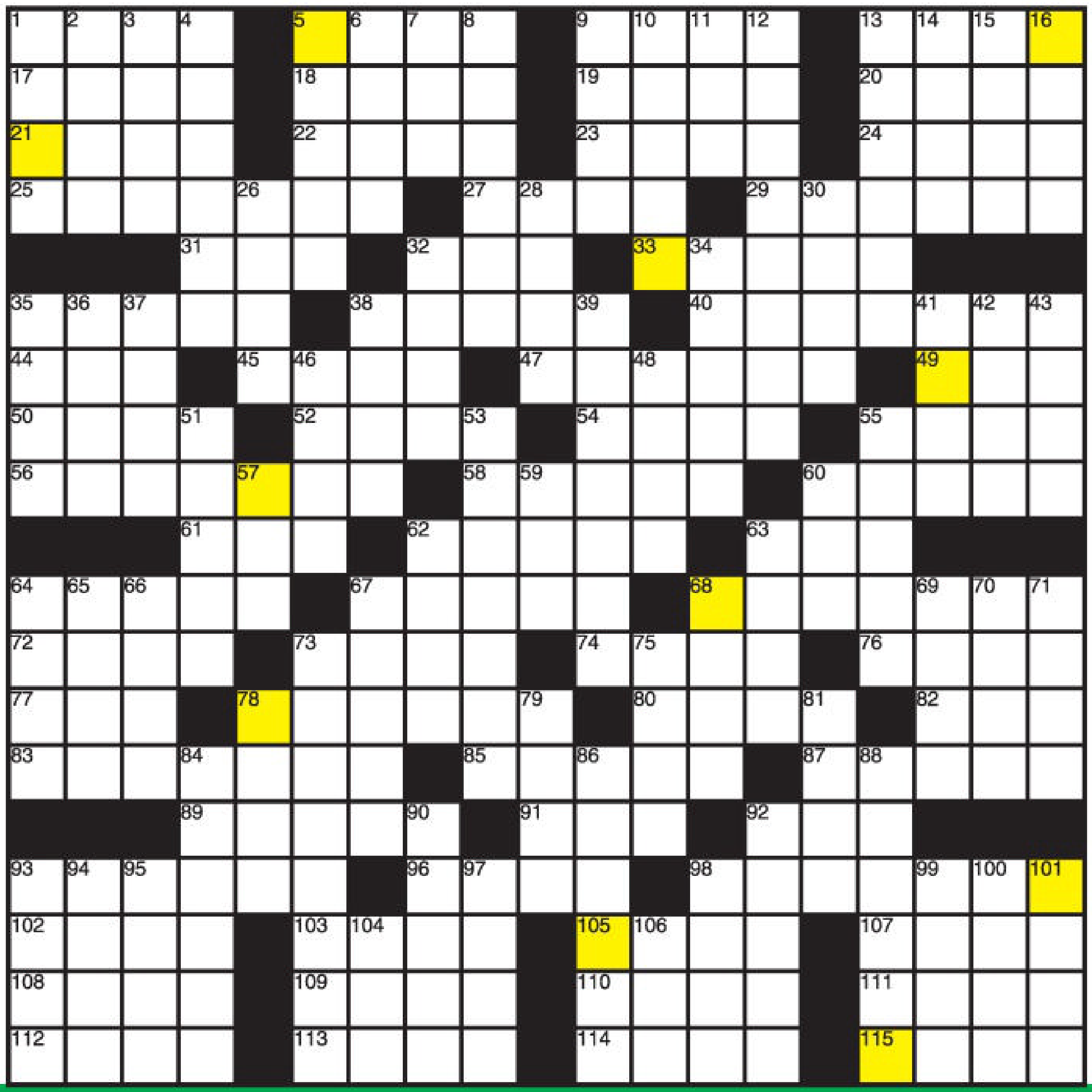
40 across

ACROSS

1 Hamburger meat
5 Crustacean
9 Grocery offering
13 "Get outta here!"
17 Wild about
18 Pasta sauce brand
19 Girl of Green Gables
20 Sandwich man?
21 Takes steps
22 Studied
23 Ballet move
24 Minute ___
25 Teeter-totters
27 Big swallow
29 Met productions
31 Helpful connections
32 ___ Moines, Iowa
33 Kind of jar
35 Ticket category
38 Pan or Piper
40 Treetop nibbler
44 Wrongdoing
45 Zoom
47 It has its pros and cons
49 Sleep stage
50 Stumble
52 Engine sound
54 Coffeehouse orders
55 Swarm
56 Place to put the feet up
58 Salary boost
60 Child's bear
61 Black gold
62 Knox and Dix
63 Verb for Popeye
64 Peachy-keen
67 Use a stencil on
68 Measure up
72 Young woman
73 Night light
74 Pull
76 It follows more or less
77 Cleopatra biter
78 Greater in size
80 Woodwind
82 "Go on…"
83 One of the sciences
85 Active ones
87 Frisbees and plates
89 Western resort lake
91 Furniture wood
92 ___-tac-toe
93 Highly spiced sausage
96 Some are slippery
98 Manet and Monet
102 Yoked pair
103 Roman fiddler
105 Vacation destination
107 Paper holder
108 Actress Chrissy of *This Is Us*
109 Give off, as light
110 Times in classifieds
111 Vegetable soup bean
112 *Frozen* queen
113 Takes to court
114 They may be underfoot
115 Adam and Eve locale

DOWN

1 Partiality
2 Suffix with refer or exist
3 Female name ending
4 Relic from the dinosaur age
5 Ships' workers
6 Beams
7 "Act your ___!"
8 A spending plan
9 Plummet
10 Hour after noon
11 ___ wing and a prayer (2 wds.)
12 Puts money in the bank
13 Tennis ace Williams
14 Locks
15 Black-and-white predator
16 Rousing cheers
26 Hill builders
28 Previously occupied
30 Sweat source
32 Bruce or Laura of Hollywood
34 Visibly shocked
35 Regarding (2 wds.)
36 Soil
37 Condo, e.g.
38 Thorn in one's side
39 Quotes from memory
41 Member of the "Scooby-Doo" gang
42 Corn, to chickens
43 TV award
46 October's birthstone
48 Smooch
51 Lifeguard areas
53 Sighed in exasperation
55 Entice
57 .001 inch
59 Rainbow shape
60 Topper
62 Jumper
63 It has its ups and downs
64 High-five, e.g.
65 Hamper contents
66 Spot
67 Upper body
68 Street fleet
69 Triumphant cries
70 Hierarchy level
71 Wraps up
73 Mechanical aids
75 Task
78 Actor Neeson
79 Kitchen or den
81 Revise
84 Verse in a poem
86 Not so strict
88 Eaves dropper?
90 Weird
92 Rapunzel feature
93 Indefinite number
94 Skating jump
95 Rents
97 Oodles
98 Shake it or break it (2 wds.)
99 Didn't have traction
100 Proctor's call
101 Reach across
104 Relative of an ostrich
106 *Law & Order:* ___



Sudoku

Fill the empty squares with the numbers 1 through 9 so that each row, column and 3x3 square contains all the numbers from 1 through 9

		7						
3			5	8		1		9
5	2	1		7				
	4		2			8	9	7
7	3	9			8		6	
				2		9	1	8
4		5		1	9			6
						4		

Shutterstock (3)

For answers to Crossword and Sudoku, turn to pg 50

SOLVE-IT-YOURSELF

Mystery

Fumbled alibi

The Super Bowl party I helped plan for our local lodge chapter each year was the talk of the town. We practiced silly handshakes and sported funny hats to support our favorite teams, but when a vendor vying to cater for the big day was mugged, nobody laughed—least of all me, Mortimer Culp.

It was my invitation that brought chefs Rosette, Ty, Ward and Marlene to the lodge to compete for the opportunity. At the conclusion of the planned taste-blitz, the caterer with the best delectables would win the contract.

By the kickoff of the tasting, three contenders had arrived suited up for conquest. Ty's toque was pleated sharply. Marlene's chef whites were bleached pristine. Ward's shoes were buffed to a sheen.

I watched them set up at the meeting table. The aromas of poppers, wings and chili wafted deliciously through the air.

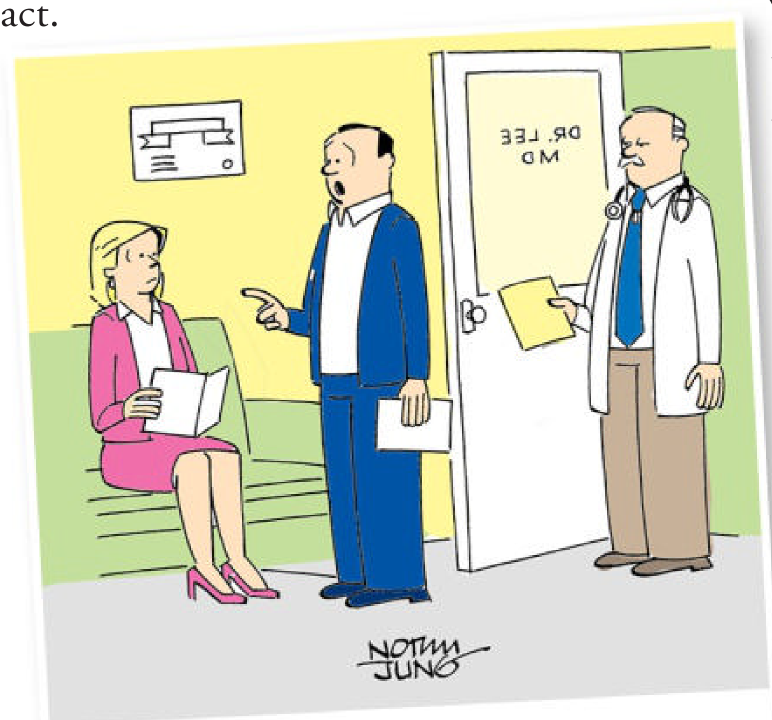
Narrowing the field would be a tough call. Unless Rosette was the powerhouse she was reputed to be…where was she, anyway?

My phone blared the lodge fight song, and I received my answer: at the urgent care center with a twisted knee!

Rosette stated she'd gotten to the lodge on time. However, while walking from the parking lot to the building, she'd been pushed to the ground from behind.

The unseen mugger absconded with her game-day samples. Luckily, a passerby stopped to help.

Who wanted Rosette out of commission? She—and I—suspected one of her tryout competitors. I vowed the villain wouldn't become the victor, and ended the call.



"Laughter is the best medicine, and a lot cheaper too!"

Finishing up plating their samples, the remaining trio seemed composed and focused. The next play was mine.

"Ty," I said, observing him tuck a parsley garnish among his wings, "why should the organization choose you to cater Super Game Day?"

His head snapped up so quickly, he nearly tipped his toque. His gaze flitted from me to the others and back.

"Well, er, ah." His utterance fell between a squeak and a titter. "I have the best food?"

Marlene laughed. "Hardly. Your mother threatened to cut off her support if you can't score a new customer. Without this contract, it's game over."

I didn't give Ty a chance to retort. "Thank you, Marlene, for joining us when you already have so many customers. You must have a good team filling in while you're away."

Snorting, she stirred her chili. "Frying bucketloads of chicken is a messy job no employee wants. Breading and splatters everywhere! I finished it before I came. Didn't even have time to change my clothes first."

"Be honest," Ward said. "The reason you can't keep employees or customers is you've been dogging it for years. Face it: Your glory days are over."

"Harsh," Ty said. "I learned a lot following Marlene's example."

Ward snickered. "Enough said."

"You won't be so smug once your fourth divorce becomes final," Marlene said. "You'll beg me to hand off extra business to you. How else will you afford the alimony?"

Ward busied himself polishing the surface surrounding his tray of jalapeño poppers. "Poor Rosette's missing all the fun."

Fun wouldn't be my word for it.

I explained Rosette's absence. They all exclaimed shock, but I knew otherwise. One of the chefs had already dropped the ball.

—*Janice Curran*

Q: Who mugged Rosette?

A: Turn to pg 51

Order Up!

Can you guess which happened first, second and third?

___ **A.** *Grey's Anatomy* debuts mid-season on ABC

___ **B.** The band Los del Río scores a huge hit with their single "Macarena"

___ **C.** Wikipedia launches online

Person, Place or Thing?

Can you guess what I am?

- ☐ White is my favorite color
- ☐ My name starts and ends with the same letter
- ☐ Admiral Byrd explored me
- ☐ I am the least populated of my kind
- ☐ I'm not a popular vacation spot
- ☐ I'm home to lots of seals
- ☐ I am in the South, so to speak
- ☐ I'm featured in the 2005 *March of the Penguins* documentary
- ☐ I've got icebergs and glaciers
- ☐ I am a continent

Order Up! B. 1996 C. 2001 A. 2005

Person, Place or Thing? I am Antarctica

My Guardian Angel

Readers share their stories of divine intervention

7 Days of *Inspiration*

Take one a day and feel great all week!

Day 1
Something will go your way today!

Day 2
Happy is what you were meant to be

Day 3
Positive thinking is one of the best energizers!

Day 4
A thankful heart is fuller

Day 5
Decide + do = dreams coming true

Day 6
Even the smallest first step is big enough to get you started

Day 7
Greatness is already in you. Let it shine!

WW

Returned with love

When *Woman's World* reader Christina St. Clair lost a beloved necklace, she asked the angels to help her find it—and they did! She writes:

My mother and I were best friends. I could tell her anything and she would never judge me and always support me.

After my father died suddenly in England, she came back with me to the United States. She was still mourning, but expressed an ambition to travel around the world. I arranged for her to visit my brother who lived in Australia. En route, she wanted to spend a few days in Hawaii.

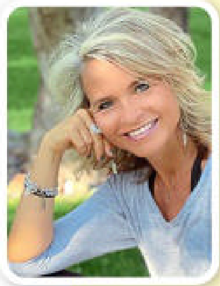
I asked her to call me once she reached Oahu, but after her plane arrived, there was no call. I began to fret, concerned that she wasn't able to cope on her own without my dad to help. But when she finally called, she told me she was having a splendid time: She had made new friends, had visited Pearl Harbor and had made plans to visit the coral reef where divers search for oysters containing pearls.

Although my mother never could afford much jewelry, she bought herself a string of pearls and also got me a delicate pendant necklace of two pearls set in gold. I treasured it. I used to tease her about having to dive herself for my special pearls.

> *"There it was, shining on top of my dresser"*

Shortly after she died, I attended a conference at a college in another state and wore my cherished necklace, but somehow it disappeared. I'd shared a dorm room with a lovely woman, and although we'd been warned to keep our door locked, we never did.

When I returned home, I searched and searched through my luggage for my necklace. I even called the college, but no one had turned in my necklace. I prayed fervently all night to get it back. To my delight, in the morning, there it was, shining on top of my dresser. I know it hadn't been there before. It was as if my mother's love glowed out of those pearls and she wanted me to know she was still there for me—and always would be.



ANGEL EXPERT SUNNY DAWN JOHNSTON SAYS...

"The energy of love that we feel in connection to our special gifted items is absolutely real. The item is like a storage container that reminds us of all of the times we had with that person. When we lose something, it can be heartbreaking.

"Christina did exactly what I would suggest: Ask for help. The angels say nothing is ever 'lost' in the universe, it's just misplaced. So the next time you have a seemingly lost item, you can specifically ask Archangel Chamuel to help you find it. It is always amazing when it just reappears, as Christina's did."

Getty; Adobe Stock; Shutterstock (2)

If you have an angel story you'd like to share, please send it, along with a clear photo of yourself and your name, address and phone number to: Angels, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632, or email us at Angels@WomansWorldMag.com. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.

Sunny Dawn Johnston (SunnyDawnJohnston.com and Facebook.com/SunnyDawnJohnstonFanPage) is an internationally known angel expert. She is the author of 20 books, including *Invoking the Archangels, The Love Never Ends* and *365 Days of Angel Prayers,* as well as her latest bestselling card deck, *The Multi-Dimensional Oracle.*

Circle of kindness

Readers share little reminders of how much goodness there is in the world

"THEY POURED A DOUBLE SHOT OF HAPPINESS INTO MY LIFE!"

When I pulled my car to a stop in front of the department store, two young-adult ladies eyed me. One wore a store name tag; the other, standing about 10 feet further down the curb's edge, clutched a store bag. I motioned for them to walk across the parking lot thoroughfare in front of me. Each waved their thank-you, but in an unexpected way. Their hand gestures were perfectly timed. In all my years of driving, I'd never experienced synchronized waves of gratitude—and from such young people too! Those young ladies poured a double shot of happiness into my life and shopping venture that day.

—Kristi Woods, Collinsville, OK

"VIRTUAL STRANGERS HAVE BECOME MY GOOD FRIENDS!"

I joined an online Facebook group called Maltese Bouquet and Friends, filled with other wonderful people who have fur babies like mine. We post pictures of our dogs, share extremely helpful information and tips and just lift one another's spirits on a daily basis. The photos of the dogs and the members' enthusiasm is contagious and always brightens my day, no matter what else is happening. There is a lot of joy going on in our group, and these virtual strangers on the internet have now become my very good friends. *—June Roberts, Philadelphia*

"SHE TOUCHED MY HEART!"

Last year, my friend of 50 years was dying, and I was his caregiver. One day, he sent me into the grocery store to get a few things that he needed with $60 in cash. He waited in the car, while I ran in to shop. When I got to the head of the line, my total was $74. I told the cashier that I just had to go out to the car and get more money, and I would be right back. But the lady behind me in line said, "I will pay the balance," to which I replied, "It's okay, ma'am. I am certain my friend has more money." But she insisted and said, "Let me do this for you, darling, as I have plenty of money." This experience touched my heart and made my day.

—Heather Erickson, Oldsmar, FL

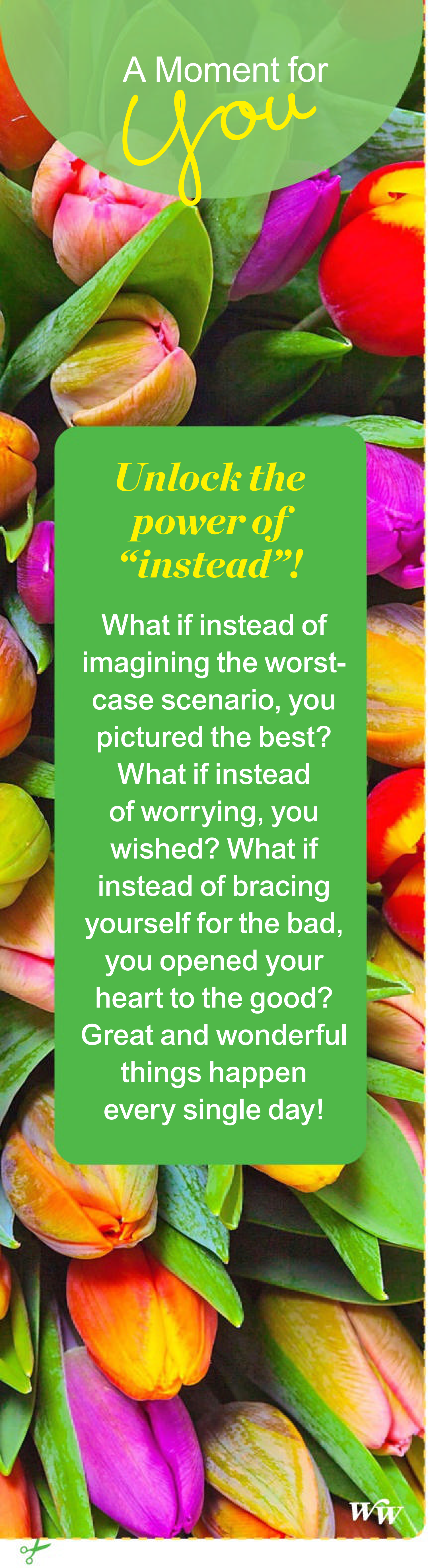
Instant ahh...

Take a moment to leave your worries behind and lose yourself in loveliness

"There is no exercise better for the heart than reaching down and lifting people up"

—John Holmes

Do you have an act of kindness of your own to share? We thought so! Please email it, along with your name, address and a clear photo of yourself to: CircleOfKindness@WomansWorldMag.com. Or mail it to: Circle of Kindness, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.



A Moment for *You*

Unlock the power of "instead"!

What if instead of imagining the worst-case scenario, you pictured the best? What if instead of worrying, you wished? What if instead of bracing yourself for the bad, you opened your heart to the good? Great and wonderful things happen every single day!

5-MINUTE ROMANCE

A kickoff to romance

When Isabelle runs into an old high school friend at an annual Super Bowl party, she finds a fellow football lover and scores a new chance at love

I'm running late for my brother's Super Bowl party, but I've created a masterpiece! I hold in my hands a platter containing a tiny football field made with fresh guacamole surrounded by crisp veggies and tortillas. One end zone is spicy salsa and the other is cheese. The lines on the field are all sour cream, piped on just moments ago.

I left my kitchen a bit of a wreck, but *c'est la vie!* I walk the short block in the brisk winter air, plastic wrap over my creation.

My brother and sister-in-law have a houseful already. Their place is decorated in colorful NFL pennants and balloons. Little footballs and mini helmets are everywhere, and streamers hang from the ceiling. Big-screen TVs are set up in two different rooms. I serpentine through the crowd with my beautiful dip when I roll on an errant football and let out a yelp. Thankfully, a sturdy pair of hands steadies me before I drop my tray of football-feasting goodness.

"Oh, gosh, thank you!" Warmth spreads to my face. The helping hands are connected to muscled arms, attached to a well-built body…you get the idea. Deep brown eyes stare into mine. I know this person…

My brother, Ray, makes his way past us, two drinks held high. "Isabelle, you remember my friend Joe?" Ray nods toward his tall, handsome friend, who is holding my arm, and who I cannot forget. Joe DeLeo, still rugged and gorgeous.

"Dizzy Izzy!" Joe's face lights up and we're back. He teased me through most of high school.

"People just call me Isabelle these days."

"Oh, fancy." His grin is toothy and broad, like a shark—a very attractive shark who's circling now. "You used to be…"

"Shorter?" I cannot resist the urge to counter-tease him. "In pigtails?"

"Something like that," he says. His dark eyes, with their heavy lids and long lashes, are still the part of him that gets me every time. "You were always moving at the speed of light."

He laughs, then points to my platter. "That looks really good."

"It's probably too spicy for you."

"I've always liked spicy," he grins.

I'm blushing again so I move to put my

> *"His dark eyes with long lashes still get me every time"*

Shutterstock (2)

Turn upside down for Brain

Crossword Jumble: Commercials

This week's Crossword solution

B	E	E	F	■	C	R	A	B	■	F	O	O	D	■	S	H	O	O
I	N	T	O	■	R	A	G	U	■	A	N	N	E	■	E	A	R	L
A	C	T	S	■	E	Y	E	D	■	L	E	A	P	■	R	I	C	E
S	E	E	S	A	W	S	■	G	U	L	P	■	O	P	E	R	A	S
■	■	■	I	N	S	■	D	E	S	■	M	A	S	O	N	■	■	■
A	D	U	L	T	■	P	E	T	E	R	■	G	I	R	A	F	F	E
S	I	N	■	S	O	A	R	■	D	E	B	A	T	E	■	R	E	M
T	R	I	P	■	P	I	N	G	■	C	U	P	S	■	T	E	E	M
O	T	T	O	M	A	N	■	R	A	I	S	E	■	T	E	D	D	Y
■	■	■	O	I	L	■	F	O	R	T	S	■	Y	A	M	■	■	■
S	W	E	L	L	■	T	R	A	C	E	■	C	O	M	P	A	R	E
L	A	S	S	■	M	O	O	N	■	S	W	A	Y	■	T	H	A	N
A	S	P	■	L	A	R	G	E	R	■	O	B	O	E	■	A	N	D
P	H	Y	S	I	C	S	■	D	O	E	R	S	■	D	I	S	K	S
■	■	■	T	A	H	O	E	■	O	A	K	■	T	I	C	■	■	■
S	A	L	A	M	I	■	E	L	M	S	■	A	R	T	I	S	T	S
O	X	E	N	■	N	E	R	O	■	I	S	L	E	■	C	L	I	P
M	E	T	Z	■	E	M	I	T	■	E	V	E	S	■	L	I	M	A
E	L	S	A	■	S	U	E	S	■	R	U	G	S	■	E	D	E	N

food on the long table with the other Super Bowl staples: chicken wings, a five-foot-hoagie, oodles of desserts.

Joe follows me and grabs a cookie.

"When did you go over to the dark side?" I say, pointing to his shirt—the one stretched over his broad chest—for the team I'm not rooting for.

"If you mean, when did I become a fan of the team that's about to win, then, well, when I was 12."

"Their defense is slow and their offense is overrated." His eyebrows go up. We discuss strategy and quarterbacks and seem to appreciate each other in a new way before long. There's teasing, but it's mutual.

He runs a hand over his black curls. "I like that you're not just into the halftime show or the commercials."

"I like those too, nothing beats a Super Bowl ad that features a cute, clever dog."

"Or maybe a lonely draft horse looking for love?" he jokes.

I laugh. He's easy to talk to and asks me about working at the elementary school, so I tell him about my hyper, adorable second-graders. "I bet you're great with them," he says. "You were always so energetic. I remember you at all our football games. I'd look for you up in the stands."

Well, this is news.

"Didn't you leave the area after college?"

He nods. "I'm back to run my family's business, and assistant football coach at the high school."

"I can help you with game plans," I joke.

"I'm working on one now," he says. "I'll let you know how it turns out."

The way he's looking at me, I know he's not talking about football. My heart skips.

"Isabelle, I always wanted to ask you out, but I think your brother would have killed me back then." That was probably true.

"Ray always did run a great pass interference," I say.

He laughs. "I was definitely afraid of Ray…and worried you'd say no. You're so smart, and pretty…the teasing was all I could manage." My heart is melting a little bit. "Now I'm older and wiser."

"Wiser is debatable." I smile. "You're still rooting for the wrong team."

He smiles, then takes a deep breath. "Can I take you to dinner next weekend?"

"I'd love that," I say. We load up our plates and find a spot to watch together. No matter what the outcome, the night was already a victory. —*Mary Ann Joyce*

Games Answer Key

Games on pages 46–47

Mystery solution

Marlene claimed to have no time to change before leaving for the lodge. Except that after purportedly preparing bucket-loads of "messy" fried chicken, she still appeared pristine. Without any employees around to contradict her alibi, she embarked early to sideline her strongest competitor. Marlene confessed and was arrested. Luckily, Rosette still got the chance to present her Super Bowl fare to the lodge…and won the contract for the big day!

This week's Sudoku solution

8	9	7	6	3	1	2	5	4
3	6	4	5	8	2	1	7	9
5	2	1	9	7	4	6	8	3
1	4	6	2	5	3	8	9	7
2	5	8	7	9	6	3	4	1
7	3	9	1	4	8	5	6	2
6	7	3	4	2	5	9	1	8
4	8	5	3	1	9	7	2	6
9	1	2	8	6	7	4	3	5

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WW YOUR HOROSCOPE

For the week of Sunday, February 12, to Saturday, February 18

by Maressa Brown

AQUARIUS Jan. 20–Feb. 18
On the 16th, prepare to commit to a long-term project that reflects your values and aspirations. And from the 18th on, a surge of can-do energy can attract more abundance and lead to bolstered financial wellness.
Your lucky days: February 14, 15, 18
Your lucky numbers: 2, 8, 11

PISCES Feb. 19–Mar. 20
On the 15th, your empathic, heartfelt energy soars. This will strengthen your bonds—and your self-confidence! Then, from the 18th on, those self-assured feelings help you make strides toward powerful intentions. Enjoy!
Your lucky days: February 12, 13, 18
Your lucky numbers: 1, 7, 12

ARIES Mar. 21–Apr. 19
On the 12th, you'll be feeling more imaginative than usual. A time-out from your everyday hustle to rest proves restorative and inspiring. Come the 14th, prioritizing self-reflection and solo time benefits your mind, body and spirit.
Your lucky days: February 14, 15, 18
Your lucky numbers: 1, 9, 12

TAURUS Apr. 20–May 20
Diving into a humanitarian project with friends benefits your well-being on the 15th. The shared experience can bring you even closer, and those feelings of togetherness lead to a bolstered sense of purpose on the 16th.
Your lucky days: February 13, 16, 17
Your lucky numbers: 2, 6, 11

GEMINI May 21–June 20
On the 13th, dream bigger when it comes to long-term aspirations. Let your imagination run wild! Come the 16th, you'll be prepared to put your nose to the grindstone on a project that leads to personal growth. Dive in!
Your lucky days: February 14, 15, 18
Your lucky numbers: 3, 9, 10

CANCER June 21–July 22
You'll be daydreaming more than usual on the 12th. Creating a vision board or journaling can prove motivating. And from the 17th on, taking steps to broaden your horizons (like planning a future vacation) brings bliss!
Your lucky days: February 12, 13, 18
Your lucky numbers: 2, 9, 18

LEO July 23–Aug. 22
On the 16th, you could be prepared to make a commitment to a project alongside a co-worker. Working as a team leads to a win! Around the 18th, you'll find that embracing vulnerability bolsters your bonds. Go for it!
Your lucky days: February 14, 16, 17
Your lucky numbers: 1, 7, 8

VIRGO Aug. 23–Sept. 22
Come up with an imaginative way to approach an ongoing endeavor with a loved one on the 14th. You'll soar! And on the 18th, tackling to-do's one by one brings you more joy and can ramp up your productivity.
Your lucky days: February 12, 14, 17
Your lucky numbers: 6, 7, 16

LIBRA Sept. 23–Oct. 22
Get ready for a stimulating conversation with co-workers on the 13th. What you discuss can lead to a collaboration! And from the 17th on, pour more energy into your day-to-day wellness routine. Your body will thank you!
Your lucky days: February 14, 15, 18
Your lucky numbers: 1, 6, 7

SCORPIO Oct. 23–Nov. 21
On the 13th, you'll find you're in tune with your intuition. Tap into inner wisdom to pinpoint the best way forward on a project. Come the 14th, expressing your emotions through an artistic outlet is centering. Enjoy!
Your lucky days: February 12, 13, 17
Your lucky numbers: 2, 5, 9

SAGITTARIUS Nov. 22–Dec. 21
Around the 15th, you can take advantage of the dreamy energy of the day and set the stage for heartwarming moments with loved ones. And on the 16th, staying close to home brings you more happiness than usual.
Your lucky days: February 14, 15, 18
Your lucky numbers: 4, 9, 18

CAPRICORN Dec. 22–Jan. 19
Ideas flow more readily than usual on the 12th, which could make for an especially fruitful meet-up with co-workers. Then, on the 13th, hard work and research could lead to moving forward on a pragmatic moneymaking game plan.
Your lucky days: February 12, 13, 17
Your lucky numbers: 1, 2, 3

Vanna White
February 18, 1957

Happy Birthday! Year-ahead forecast for those born this week

Aquarius, get ready to fill your calendar! From the end of this month on, social Venus moves through your communication zone, amplifying your ability to spend quality time with friends. Your thirst for knowledge soars, so consider making an effort to learn something new too! Then, from mid-March on, relationship-oriented Venus will make its way through your home zone. Pouring your energy into traditions with loved ones brings bliss! Come mid-April, Venus will be in your self-expression zone, and you'll want to channel your emotions into a creative project. And from May on, with relationship-oriented Venus moving through your wellness zone, join up with friends or loved ones to move the ball forward on mind-body goals.

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SPECIAL REPORT: **FOCUS ON BATHROOM SAFETY**

“Tub accidents” cause serious injuries for seniors and people with limited mobility.

NORTH AMERICA'S
#1 SELLING
WALK-IN TUB
EASE OF USE
CERTIFIED
Arthritis Foundation
safestep
CSLB 1082165 NSCB 0082999 0083445

Did you know…?

The CDC has documented the risk of a serious fall in the bathroom: “Falls cause 80% of all bathroom injuries, and older adults (65 & older) experience the highest injury rates.”[1]

Another CDC Study provides even more details: “Among older adults, falls are the leading cause of injury death. Every 20 minutes, an older adult dies from a fall in the United States.”[2]

How to help avoid slips and falls while enjoying a bath.

The bathroom continues to be a major source of serious accidents. According to the CDC, all age groups are affected. However, seniors and people with limited mobility due to arthritis or muscle weakness are more vulnerable to broken hips, concussions, and other critical injuries caused by slips, loss of balance, or tripping.

One effective solution: replace your old, dangerous tub.

With its high sides, awkwardly placed faucets, slick bottom, and hard surfaces, the standard bathtub can be a prime cause of bathroom injuries. Seeking a safer alternative, many concerned families are replacing their old tub with a new Safe Step Walk-In Tub.

Designed and built in Tennessee with a lifetime warranty, every Safe Step Walk-In Tub features the most advanced technology focused on safety and comfort:

- Easy entrance with the industry leading low step-in
- Anti-slip floor and seat
- Two built-in grab bars
- *MicroSoothe*® Advanced Air Therapy System
- 10 Hydro Massage Jets and 16 Air Bubble GentleJets
- Ultra-wide door with no-strength locking handle
- *Optional* rainfall shower head
- Best-in-class installation and warranty included

Designed to fit in the same space as the existing tub, the Safe Step Walk-In Tub is not only safer, it’s also more soothing because 10 strategically placed water jets and 16 air bubble jets surround sore muscles and joints to help offer therapeutic relief. You can even add exotic fragrances for aromatherapy benefits. Now that’s relaxation!

Safe Step is North America’s #1 selling walk-in tub.

Join the thousands of people that have taken the step to make their bathroom safer, while enjoying life changing therapeutic benefits.

For more information, call today and receive a free shower package for a limited time only. Take your next step toward feeling great and stay in the home you love.

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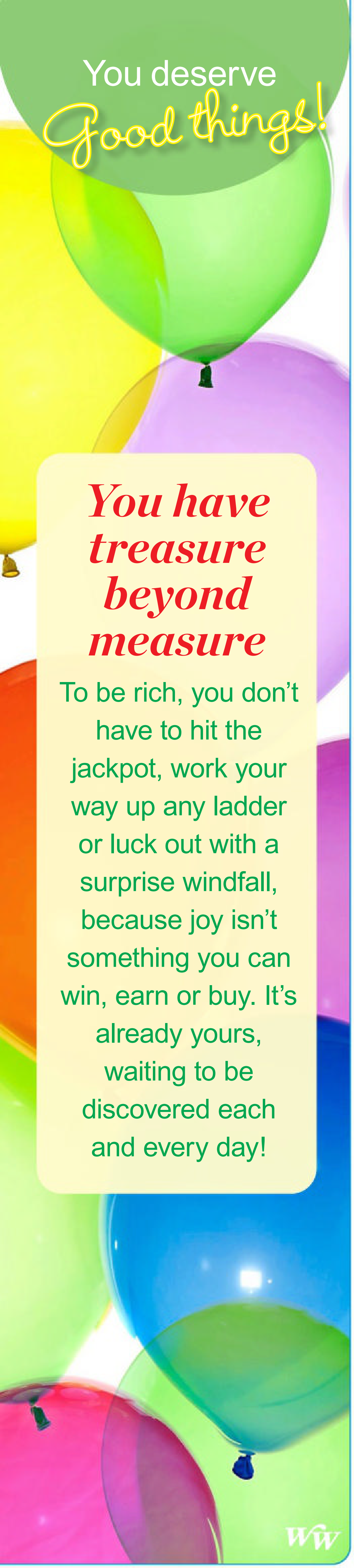
[1] “Nonfatal Bathroom Injuries Among Persons Aged ≥15 Years– United States, 2008.” Centers for Disease Control and Prevention. 10 June 2011. Web. 26 Apr. 2012. http://tinyurl.com/6gbcaep

[2] Center for Disease Control and Prevention. National Center for Injury Prevention and Control. https://www.cdc.gov/steadi/patient.html

*With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.



You deserve

Good things!

You have treasure beyond measure

To be rich, you don't have to hit the jackpot, work your way up any ladder or luck out with a surprise windfall, because joy isn't something you can win, earn or buy. It's already yours, waiting to be discovered each and every day!

Teen Hero

Proof that it only takes one person to make a difference

This teen saved two friends in three weeks!

Savannah Steele is only 5 feet tall, but she was a giant among her basketball teammates when she saved a fellow player from choking. Just weeks later, she repeated the feat and saved another classmate!

Above, Savannah *(left)* with Colt *(right)*

At right, Savannah with Olivia *(left)*

"This year the Lady Eagles are going all the way!" Olivia Neal shouted over the music. It was the first day of basketball season, and the Osgood, Indiana, senior was celebrating with her teammates at the traditional pre-game lunch. Sophomore point guard Savannah Steele was seated to Olivia's right, and they were both cheering.

But, suddenly, Olivia went silent. A bite of watermelon had lodged in her throat. She couldn't breathe!

At first, Savannah didn't realize her friend was in trouble. Olivia hadn't grabbed her throat—the universal sign of distress Savannah had learned last summer during a Red Cross safety training class to become a lifeguard. But then Olivia sprang out of her chair and began jumping around, arms flailing.

Savannah leapt from her seat and threw her arms around her friend and teammate. She balled her fist and thrust upward. Nothing happened! A second upthrust, but again, nothing happened.

I'm not giving up! Savannah vowed, and while the others watched on in mounting alarm, Savannah continued performing the Heimlich maneuver. Seven! Eight! Nine thrusts.

Savannah's arms ached, but finally the melon dislodged. Olivia sucked in a grateful breath. "You…saved…me!" she croaked, hugging Savannah.

Savannah filled with relief, never imagining she would soon relive the experience.

Just three weeks later, Savannah was settling into her desk in life skills class when her friend, Colt Benefiel, reached across the aisle and offered her a piece of hard candy.

"Sure," Savannah said.

Then, suddenly, Colt's eyes were bulging. He jumped to his feet, clutching his throat.

The teacher was in front of the classroom talking to a student at her desk; the other students busy with schoolwork.

Savannah leapt to her feet—knocking over her desk, snaring everyone's attention.

The teacher called the nurse, then rushed over. "I've got this," Savannah blurted, and wrapped her arms around her classmate's body. Her first thrust didn't budge the candy.

Colt's lips turned blue and his body grew heavy as he slumped toward the floor. "I've got you!" Savannah, who barely tops 5 feet, promised, calling on every reserve of strength to support his weight and thrust even harder…until finally the candy dislodged.

The classroom was silent as Colt sucked in one raspy breath after another. "Sorry about that," he said shyly.

"No problem," Savannah said lightly, but her heart was still pounding from her second rescue in three weeks.

The Osgood school board recognized Savannah's heroism at their next meeting. But Savannah remains humble.

"I'm just grateful for my lifeguard training," she says. "Without it, I could have lost two good friends."

—*Bill Holton*

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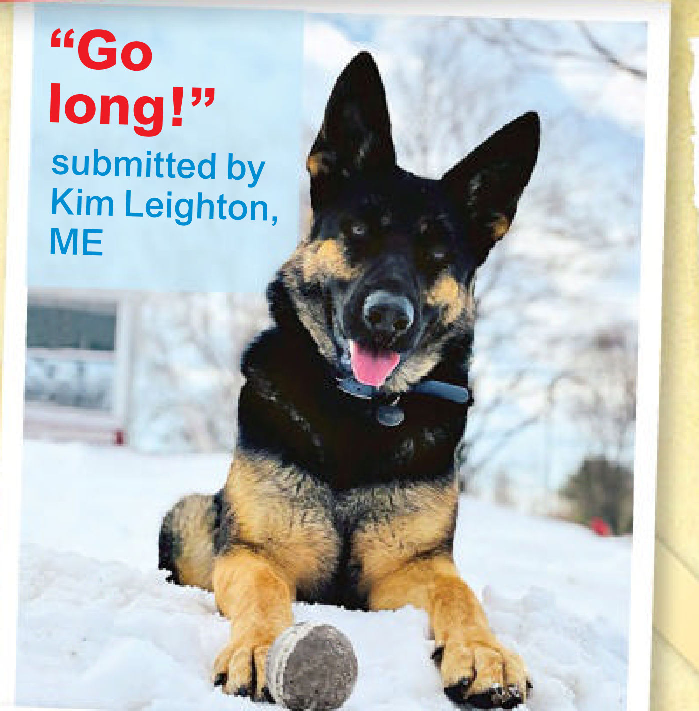
Has a person or animal come to your rescue? Email the story with your name, phone number and a photo to: WWFeatures@WomansWorldMag.com. Or mail to: Everyday Hero, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to high volume, we are unable to return submissions received.

Love & Laughter

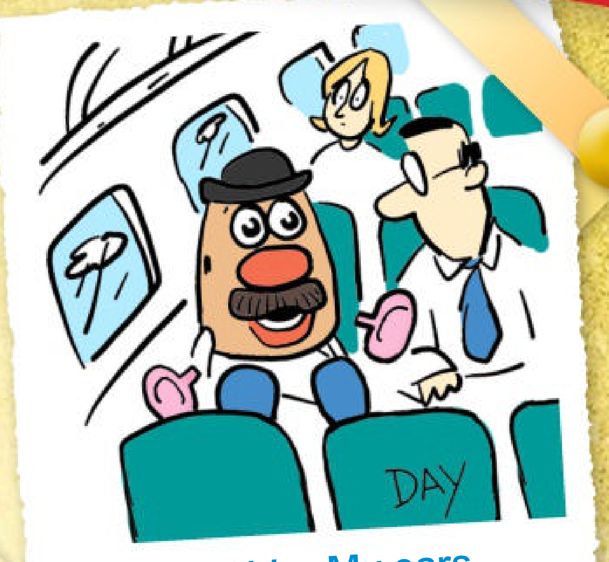
Having a football!

Xander, 1, submitted by mom Jessica Barry, MI



"Go long!"

submitted by Kim Leighton, ME



"Ahh…My ears finally popped"

"Put me in, coach!"

Devyn, 2, submitted by mother Amy Ellison, NY

"Love is the greatest refreshment in life"

—Pablo Picasso

Was my face red!

At the grocery store, I was waiting to check out while a woman in front of me paid. The bagger saw I had my own reusable bags and motioned for me to toss them to him. Unfortunately, I underestimated the weight of the bag, and instead of landing in the hands of the bagger, it landed on the head of the woman in front of me! I apologized profusely, and she laughed and handed the bag off to the bagger. Boy, my face was red! *—J.D., Burlington, WI*

Riding in style!

Lyla, 1, submitted by great-aunt Michelle Clifford, MA

Ready to play!

Jaxson, 11 months, submitted by grandma Hilda Roa, FL

Send us photos of your cutest 'babies' and you may see them in an upcoming issue of *Woman's World*!

Please include the name and age of the child or pet, as well as your name, address, phone number and relationship to the child or breed of the pet. Send to: Love & Laughter, *Woman's World,* 270 Sylvan Avenue, Englewood Cliffs, NJ 07632 or email to LoveAndLaughter@WomansWorldMag.com.

By submitting your photo, you are granting *Woman's World* permission to use it in the print magazine. Due to high volume, we are unable to return submissions received.

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